



We're so glad you're here

Let's take the next step together

Congratulations on reaching out. Often, the bravest thing to do is to ask for help. Starting mental health services can feel like a big step – but you don't have to figure it out alone. Whether you're ready to start or just exploring your options, we're here to help.

This guide will help you understand what to expect when starting mental health services with us. Let's move together, one step at a time.

QUESTIONS YOU MAY HAVE

Q: Do you take insurance?

A: We accept most insurance, and regardless of an individual's insurance status, we provide services based on need, not on ability to pay.

Q: What are the costs for services?

A: A sliding fee scale ensures no one is turned away because of income limits.

Q: Do you offer same-day support?

A: Yes. CNS Healthcare offers Mental Health Urgent Care services for individuals experiencing mental health concerns that need attention sooner than a traditional appointment. Walk-in and same-day appointments may be available.



Wondering what comes next?

You don't have to do this alone anymore – we're on your team now.

01

Request services

We welcome everyone, no matter your insurance, where you live, or ability to pay. Call us at 800-615-0411, request an appointment online at cnshealthcare.org/request-an-appointment, or visit us in-person at any CNS Healthcare office.

Need help sooner? Ask about Mental Health Urgent Care for same-day mental health support.



02

Schedule intake

If you're ready to move forward we'll schedule an intake appointment, which will happen at one of our offices. We'll talk through your needs and goals to create a plan that fits your life.



03

Complete intake

During the intake process staff will collect required information, including reviewing and signing the intake packet of documents, as well as asking questions to identify the level of care needed and services recommended.



04

Start services tailored to your needs

Upon completion of the intake process, appointments with members of your care team will be scheduled as needed.



WE'RE HERE FOR YOU

Want to talk to a real person? We're ready to listen. Call us at **248-745-4900**

If you have questions or need support, please reach out. Our knowledgeable customer service team is ready to help. **833-409-4302**