



Behavioral Health



You're not alone

One in five people suffer with mental health concerns. **Mental health can be difficult to talk about** - but we're here for you. Stress, anxiety, depression, and substance abuse can take away from living a happy, productive life.

We offer counseling for individuals, couples, and families at your health center to **help you improve your health.**

What should I expect?

At your appointment, we can talk about what's bothering you and help you cope. Whether you're dealing with grief, stress, anxiety, depression, relationship issues, PTSD, eating disorders, substance abuse, or self-image - **we're here to listen.**

Mental health concerns can be isolating, but you're not alone. Your employer understands behavioral health is important and has created a supportive environment to encourage you to maintain your health.

“The clinicians from the Marathon Health center took the time to listen to my story and gave me advice to start healing from the inside out.”

- Michelle

To schedule an appointment, please visit my.marathon-health.com or call your health center.

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For life.