Support Starts *Here*

Ellipsis Offers Outpatient Therapy and BHIS for Iowa Kids and Families

FIND THE RIGHT GUIDANCE

When a child, teen or family is struggling, Ellipsis makes it easier to connect with compassionate, high-quality mental health services designed to meet people where they are: at home, in the community or through convenient telehealth options.

OUTPATIENT THERAPY

Our licensed therapists work alongside individuals and families to create care plans tailored to their unique needs, strengths and goals for experiences including:

- Anxiety, depression and stress
- Behavioral concerns
- Trauma and life transitions
- Emotional regulation and coping skills

BEHAVIORAL HEALTH INTERVENTION SERVICES (BHIS)

Ellipsis BHIS providers partner with caregivers to encourage meaningful, achievable progress at home, at school and in the community so positive changes can take root where daily life happens. Services focus on:

- Building positive behaviors
- Strengthening social skills
- Improving family relationships
- Practicing coping and problem-solving skills



In-Person Services
Available in the Des Moines metro



Family-Centered Support
Caregivers are included every step of the way



Telehealth Services
Available across Iowa

CARE THAT FITS REAL LIFE

READY TO TAKE THE NEXT STEP?

We welcome referrals from:

- SCHOOL
- HEALTHCARE PROVIDERS
- COMMUNITY ORGANIZATIONS
- FAMILIES AND RELATIVES

Ellipsis is here to help kids, adults and families build the skills, support and confidence they need to move forward. *Make a referral. Start a conversation. Get connected.*

Call **515-557-2253** or visit **Ellipsislowa.org.**

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