

# Your Mental Health Matters



We envision compassionate, inclusive, and equitable communities where all individuals have the opportunity to thrive.



**It's OK to not feel OK. You are not alone.**

**THERE ARE MANY MENTAL HEALTH RESOURCES AVAILABLE TO YOU.**

**————— PATHPOINT COUNSELING CENTER —————**

Phone: (805) 963-1086 ext. 3 • Email: [counseling@pathpoint.org](mailto:counseling@pathpoint.org) • Text: (805) 363-0838

[PathPoint.org/services/counseling-center](https://PathPoint.org/services/counseling-center)

# Walking Alongside You

## OUR LICENSED, EXPERIENCED THERAPISTS CAN SUPPORT YOU WITH:

Relationship Issues or Difficulties • Coping with Chronic or Terminal Illness  
Depressive and Anxiety Disorders • Bipolar and Related Disorders • Grief and Loss  
Personal Growth • Trauma and Stressor-Related Disorders

## Meet our Therapists



### Catherine Kogketsidou-Sousa, MA, LMFT

Catherine is a Licensed Marriage and Family Therapist who believes clients are experts of their own lives and therapy is a collaboration between the clinician and the client. She wants to see the world through her clients' perspectives and help them find hope, strength, faith and meaning in their life.

- ▶ Supports clients ages 16 and up
- ▶ Bilingual: English and Greek
- ▶ Cognitive and Behavioral Therapy, Mindfulness, Art Therapy, and Play Therapy



### Lauren Hawksworth, MA, LMFT

As a Licensed Marriage and Family Therapist, Lauren truly believes in the therapeutic power to influence change in a person's life. Her primary emphasis in treatment is to encourage self-nurturance and self-care on the part of the client, including seeking out activities and relationships that are rewarding to them.

- ▶ Supports children ages 3-12 and adults
- ▶ English and conversational Spanish
- ▶ Experience with EDMR therapy (Eye Movement Desensitization and Reprocessing)



### Keely Paola Carey, MA, LMFT

Keely is a Licensed Marriage and Family Therapist who believes that clients have the strength within them to make changes and sees therapy as a means to help guide them to move through life's challenges.

- ▶ Supports young adults, new parents, and postpartum women
- ▶ Collaborative, compassionate, non-judgmental approach
- ▶ Cognitive and Behavioral Therapy, Solution Focused Therapy, and Exposure Therapy, Perinatal Mental Health Psychotherapy

96% of psychologists said that the use of telehealth during the





### Micah Friedlander, AMFT

Micah is an Associate Marriage and Family Therapist and Associate Professional Clinical Counselor working toward dual licensure. He believes our subjective experience does not happen in a vacuum. We all influence and are influenced by myriad factors including our relationships, society, and the ways in which we cope.

- ▶ Supports children ages 10-17 and adults
- ▶ Uses a person-centered collaborative approach
- ▶ Attachment Theory, Dialectical Behavioral Therapy, and Solution Focused Therapy



### Rosaleen Lancet, MA, ASW

Rosaleen is an Associate Clinical Social Worker who collaborates with individuals to foster self-acceptance and build coping strategies and resilience. She helps to empower clients to recognize their own inner strengths and capacities and to quiet the self-critic, recognizing that we are all a work in progress.

- ▶ Supports adults
- ▶ Warm and relational approach
- ▶ Motivational Interviewing and Solution Focused Therapy



## Telehealth: Help is just a video call away

The stressors of the pandemic have affected the emotional and psychological needs in people of all ages. In some cases, you may experience intensified symptoms or have new difficulties with coping. Telehealth—secure, confidential video calls with a counselor—is one way to help. Telehealth can be a safe, convenient, new way for support, in addition to in-person therapy. Feedback from clients has been positive, with many expressing they can communicate more openly through a video call. For more information on PathPoint’s Counseling Center services, in-person and telehealth, please email: [counseling@pathpoint.org](mailto:counseling@pathpoint.org) or call: (805) 963-1086 ext. 3 or text: (805) 363-0838.

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## Join the PathPoint Behavioral Health Team

Since 1980, PathPoint Behavioral Health has supported low-income individuals with mental health diagnoses, in recovery, crisis prevention and stabilization, and homeless prevention. We operate in low-cost housing units with services, independent homes with our mobile team of support services, outpatient counseling center, and residential treatment facilities. We are seeking:

- ▶ Residential Counselors
- ▶ Case Manager/Therapists
- ▶ Behavioral Health Case Managers

In addition to great benefits such as flexible schedule options 4/10 and 5/8 weeks, excellent health insurance and a matching retirement plan, we offer supervision hours and opportunities for career growth. If you are interested in starting a private practice, we will support you in developing your clinical skills and learning how to run your business.

To learn more, visit [www.PathPoint.org/careers](http://www.PathPoint.org/careers)

**pandemic has proven its effectiveness as a therapeutic tool.**

# Connect with our Counseling Center

Our Counseling Center therapists provide confidential counseling to assist you throughout the many stages of your life. Highly-trained, licensed therapists and supervised associates provide individualized, strength-based services. We support children, adolescents and adults with in-person and telehealth appointments. We see CenCal Health members and also accept private pay. Please call or text us for more information or visit our website.



**Phone:** (805) 963-1086 ext. 3

**Email:** [counseling@pathpoint.org](mailto:counseling@pathpoint.org)

**Text:** (805) 363-0838

**PathPoint Counseling Center**

315 W. Haley Street, Suite 102, Santa Barbara, CA 93101

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**1 in 5 adults  
experience a  
mental illness**

## Resources & Hotlines

- ▶ **888-868-1649** Santa Barbara County ACCESS 24-Hour Crisis Line
- ▶ **855-845-7415** Peer-Run Warm Line is a non-emergency resource for anyone in California seeking mental and emotional support
- ▶ **1-800-273-TALK (8255)** National Suicide Prevention Lifeline  
For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255
- ▶ **Text 741-741** Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message (in English and Spanish)
- ▶ **1-800-662-HELP (4357) (TTY 800-846-8517) or text your 5-digit ZIP Code to 435748 (HELP4U)** SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorder
- ▶ **1-800-273-8255 or text a message to 838255** Veterans Crisis Line responder

## 7 Types of Rest We All Need

Source: Sandra Dalton-Smith MD



**Mental:** music, meditation, silence



**Social:** catching up with an old friend or conversely, taking a break from socializing



**Creative:** reading a book, taking a walk in nature



**Sensory:** turning off devices and screens, find the quiet



**Physical:** more sleep, naps, deep breaths, relaxation, stretching



**Spiritual:** doing things that give you a sense of purpose or meaning



**Emotional:** offloading emotional baggage, talking to a good listener, therapy

**PathPoint** supports people in living the life they choose. We partner with people with disabilities, people with mental health diagnoses, and young adults to pursue their hopes and dreams through strengthening workplace abilities, building life skills, and developing meaningful relationships.

[www.PathPoint.org](http://www.PathPoint.org)

