

Holston Counseling Center



Adult Services

Frontier Health Strives to meet the needs of each individual; we understand that circumstances and life changes have different challenges.

- **Therapy Services:** Therapy services involve therapists assisting individuals with a variety of behavioral problems to include depression, anxiety, mood and thought disorders and substance abuse issues. This can be through individual, group or family therapy.
- **Psychiatric Services:** Psychiatrist and Nurse Practitioners are available to provide medication evaluation and monitoring for those who need medication as part of their treatment plan.
- **Care Management:** Care managers help link the individual with resources to support their mental health and medical needs and goals. This is often completed in the community or in the home.
- **Community - Based Services:** Based on need, some individuals may access other community-based services such as vocational services, housing referrals, and psychosocial rehabilitation.
- **Specialized Substance Abuse Services:** Trained substance abuse professionals assist individuals in addressing abuse and addiction issues.

Frontier Health accepts most private insurances, EAPs, and TennCare. Frontier Health also offers a variety of grants for those who might be eligible.



Service Listing - Adult Services

- Individual Therapy
- Couples/Family Therapy
- Alcohol and Drug Evaluations
- Mental Health Evaluations
- Relapse Prevention Group
- Anger Management Classes
- Intensive Outpatient Group for Substance Abuse and Co-Occurring Disorders
- Substance Abuse Counseling
- Psychiatric Medication Services
- Criminal Justice/Mental Health Liaison
- Adult Case Management
- Peer Support
- Other Community Based Services



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1570 Waverly Road

Kingsport, TN 37664

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24 hr Crisis Hotline
(877) 928-9062

This division receives funding from the Tennessee Department of Mental Health and Substance Abuse Services.



Department of
**Mental Health &
Substance Abuse Services**