ABOUT GREAT CIRCLE

Great Circle is a nonprofit agency with bold vision to provide every individual and family in Missouri access to high-quality, effective, responsive, and preventative behavioral health care, giving families a highly reliable place to turn to when facing difficult times or struggling with circumstances beyond their control.

Our services surround clients in a circle of trust, purpose and empowerment, giving them the tools to help them succeed and thrive. These include:

- 24-Hour specialized care
- Autism services
- Counseling services
- Crisis services
- Outpatient therapies
- Education
- Emergency shelter
- Home and community-based services
- Parenting support
- Respite services
- Super curricular programs
- Therapeutic camps

We have regional campuses, counseling centers and community-based offices across Missouri.

To learn more about how we can help, give us a call toll free at 1-844-424-3577 (GCHELPS) or visit us online at greatcircle.org.

HOW WE CAN HELP

- Not sure where to start? A call to 1-844-424-3577 (GCHELPS) can connect you with experts who can help
- You don’t need a diagnosis or concrete concern, just the courage to ask. We’ll be ready with answers
- Whether at one of our locations or your home, we meet you where you are to deliver the care your family needs

GREAT CIRCLE HAS . . .

- 1,400 dedicated staff members, including 155 licensed clinical professionals
- More than 40 specialized behavioral health programs to help kids and families succeed
- A statewide footprint that includes 19 locations serving every county in Missouri
- Accreditations from
  - The Joint Commission
  - Independent Schools of the Central States (ISACS)
  - AdvancED
  - American Camp Association
  - National Children’s Alliance

UNDERSTANDING BEHAVIORAL HEALTH

Great Circle regional campus
Great Circle community office
Signs a child or teen may be struggling with a behavioral health challenge*:

**Mood Changes**
Feelings of sadness, lack of motivation or withdrawal that last at least two weeks or mood swings that cause problems in relationships at home or school.

**Intense Feelings**
Overwhelming anger or fear for no reason, sometimes accompanied by a racing heart or fast breathing that interferes with daily activities.

**Behavior Changes**
Drastic changes in behavior, sleeping habits or personality, including dangerous or risky behavior.

**Difficulty Concentrating**
Trouble focusing or sitting still, which might lead to poor performance in school or work.

**Unexplained Weight Loss**
Sudden loss of appetite, frequent vomiting or poor body image.

**Physical Harm**
Engaging in self-harm by cutting or burning, or having suicidal thoughts or actions.

**Substance Use**
Using drugs or alcohol to try to cope with feelings and situations.

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What is behavioral health?

- Also known as mental health
- Plays a role in determining how we handle stress, relate to others and make choices
- Affects how we think, feel and act
- Includes emotional, social and psychological well-being

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Everyone needs help from time to time, whether you’re a child, teen, young adult, parent or grandparent. It’s always okay to ask for support!

**Great Circle is here for just that reason.** We want to meet you where you are, and offer something more powerful than hope: an opportunity for real, positive change. We are equipped with a broad spectrum of nationally accredited behavioral health services, and we respect the unique circumstances of every child, individual and family. Our continuum of care - unmatched in depth and scope - provides a fluid range of service tailored and guided by your needs. Some of the many issues we can help with include:

- Addictive behaviors
- Anger management
- Anxiety
- Attention-seeking behaviors
- Autism
- Behavior disorders
- Bullying
- Conduct
- Defiance
- Depression
- Isolation
- Learning challenges
- Mood disorders
- Parenting
- Self-injury
- Substance use
- Trauma

Ready to ask? We’re here to support you!

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*Signs do not equal a diagnosis. Please contact your physician or a Great Circle professional for guidance.*