

# Getting to Know John Muir Health's Outpatient Behavioral Health Services

Are you or anyone you know experiencing issues such as anxiety, depression, mania, suicidality, self-harm, alcohol or drug use problems? Learn more about how we can help.

## Join our webinar to learn more about our services:

- Medical visits with a psychiatrist or nurse practitioner.
- Individual and group therapy.
- Recovery-focused education and safe medication practices.
- Education on effective coping skills and strategies.
- Curriculum of specialized education on mental health and substance use issues.

**Tuesday, April 11, 2023**  
**11am-12pm**

## Register [HERE](#)

A confirmation email will be sent to those who register. This webinar will be recorded. There will be time for Q&A after the informative session.

Questions about your employee population and how we can help?  
Contact: [EmployerServices@johnmuirhealth.com](mailto:EmployerServices@johnmuirhealth.com).

**John Muir Behavioral Health Outpatient Center**  
**4080 Port Chicago Hwy Concord, CA 94520**  
*Questions about these services now?*  
**Contact our intake coordinators at (925) 674-4265.**

