

ROOT IT OUT
BEHAVIORAL HEALTH
INTERVENTIONS &
COUNSELING
Ages 11-24



bloom365[®]

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ROOT IT OUT

BEHAVIORAL HEALTH & COUNSELING INTERVENTIONS

- Struggle with coping or low self-esteem?
- Deal with toxic stress at home or at school?
- Get jealous or flip out easily?
- Unable to communicate feelings in a healthy way?
- Find it difficult to respect boundaries?
- Have threatened suicide or self-harm?
- Lack support from a trusted adult?
- Exposed to domestic violence at home or experienced bullying?
- Mistreated a dating partner, family member, or peer?

The first step to interrupting unhealthy/violent behaviors and to preventing future harm to self or others is to determine if any of the above "risk factors" are influencing your choices. It's okay to reach out for help.

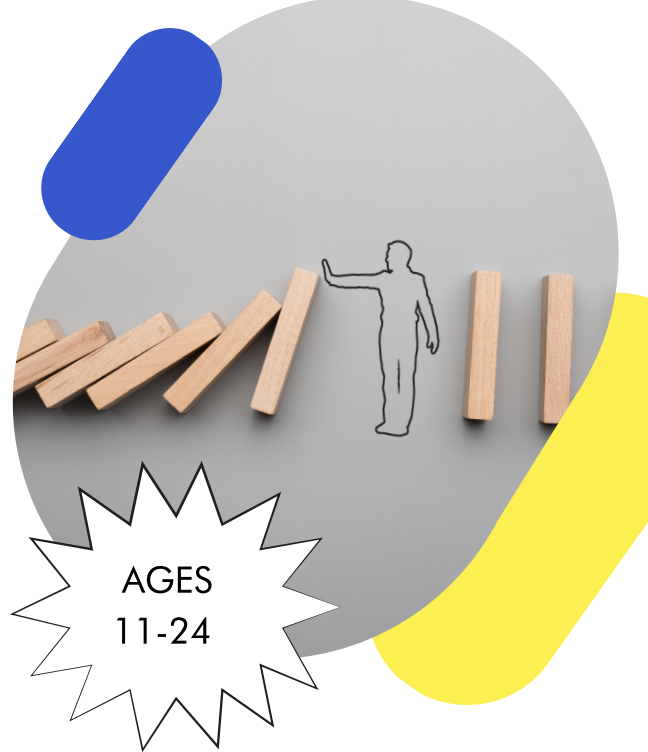
INDIVIDUAL COUNSELING & INTERVENTION SERVICES

BLOOM365's one on one counseling and intervention sessions, with a licensed counselor or behavioral health technician provide a safe and confidential space to discuss problems and issues, as well as help to reduce the risk of harmful choices and unhealthy behaviors. Sessions focus on:

- Building empathy
- Improving coping and communication skills
- Building confidence
- Respecting boundaries
- Addressing childhood trauma
- Healthy relationship skills

HOURS & LOCATIONS

- ✓ Licensed by Arizona Department of Health Services
- ✓ After-school, evening and weekend sessions
- ✓ Private counseling offices in Phoenix, AZ & Peoria, AZ, curbside mobile services, or virtual via Tele-Counseling



Scan me

to request an in-person or virtual appointment.

PEER GROUPS

Root it Out Peer Groups are a place to connect with other young people who are going through similar experiences, while gaining skills to:

- Reduce risk of harm to self or others
- Improve empathy and coping
- Build confidence
- Communicate in healthy ways
- Respect boundaries
- Process feelings and emotions
- Maintain healthy relationships

REQUEST AN APPOINTMENT

TEXT/CALL 1.888.606.4673 | EMAIL hello@bloom365.org | SCAN QR CODE & FILL OUT FORM