

# Clinica Latina, Lifespan Mental Health Services

*United in Health*

## Multicultural Mental Health Resources

*Clinica Latina addresses the mental health needs of our Latinx patients. Our clinicians and staff are familiar with, and part of, the cultures of our patients, and understand their values and customs. Services are provided in Spanish and English.*

## Mental Health Services for the Latinx and Spanish speaking community in Rhode Island and Southeastern Massachusetts

- Our program offers individualized treatment for patients age 18 and older who are experiencing mental health and behavioral health conditions.
- We welcome people of all genders and sexuality.
- We accept most major insurance plans. Many do not require a copay.
- Our offices are easily accessible from Interstate 195 and have ample free parking.
- We treat patients in a comfortable and welcoming environment.
- We also offer treatment through video telehealth.

## What We Treat

*People seek help when they are experiencing persistent problems in managing their daily lives. We provide psychiatric and counseling services for a wide range of mental health and emotional issues, including:*

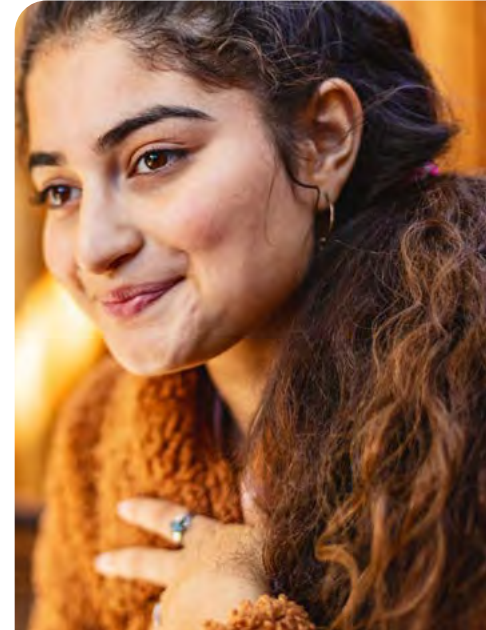
- Depression
- Anxiety
- Phobias
- Family and interpersonal difficulties
- Obsessive-compulsive disorders
- Bipolar disorder
- Personality disorders
- Post-traumatic stress disorder
- Psychotic disorders, such as schizophrenia

## What to Expect

*The initial visit will focus on gathering a full history and establishing a treatment plan. While each person is unique, assessments cover common topics, such as:*

- Emotional, behavioral, or developmental concern
  - Symptoms of mental, emotional, or physical problems
  - Behaviors or habits that may be a problem for you or others
  - Relationships and interactions with your spouse, coworkers, family members, or neighbors
  - Performance at work or school
  - Interest or involvement in activities
- Medical history, including your physical health, illnesses or conditions, and current treatments
- Psychiatric history, including past treatments, medications, response to treatments, hospitalizations, and any history of safety concerns or unsafe behaviors
- Social history, including a comprehensive assessment of your and your family's culture, language, and struggles, as well as developmental history, work and education history, social supports, and current family structure

After gathering this information, we may recommend individual counseling as part of your treatment plan. If appropriate, medications may be prescribed.



950 Warren Avenue  
Suite 104  
East Providence, RI 02914  
401-606-0606



Lifespan Psychiatry & Behavioral  
Health Services  
*Delivering health with care.®*