



# Transitions

## Mental Health Services

*Where Action and Compassion Meet*

transitions@transmhs.org  
www.transmhs.org

### Administrative Offices | Residential Services

P.O. Box 4238 | 805 19th Street | Rock Island, IL 61204-4238 | V/TTY: 309.793.4993 | Fax: 309.793.9053

### Community Outreach Services | Employment Services | Therapy Services | Psychiatric Services

2326 16th Street | Moline, IL 61265 | V/TTY: 309.283.1228 | Fax: 309.743.2277

### Community Outreach Services | Employment Services | Therapy Services

2202 18th Avenue | Rock Island, IL 61201 | V/TTY: 309.429.6231 | Fax: 309.517.2073

## Frequently Asked Questions

### *What services does Transitions provide?*

Transitions provides the following services at multiple sites:

- Youth and teen therapy (ages 5-18)
- Adult therapy (18+)
- Community outreach coordination
- Psychiatric medication monitoring
- Employment services
- Residential supported-living services

### *How do I qualify for mental health services at Transitions?*

You must have a diagnosable mental health condition. This will be assessed at your clinical intake.

### *How often will I meet with my provider?*

Your session frequency will vary depending on both your preference and availability. However, sessions are usually 1x per week, biweekly, 1x every 3 weeks or 1x every 4 weeks.

### *How do I access my appointments?*

Appointments are available in person, via phone or via telehealth. However, this is under the discretion of the provider.

### *How many different services do I need to participate in?*

This is entirely up to you and your needs. However, to participate in the Psychiatric Medication Monitoring, you MUST participate in one other service at least monthly.

### *Our Mission:*

*Transitions Mental Health Services improves the health and wellbeing of individuals with mental health challenges, their families and the community, through services, education and advocacy.*

