

# Learn skills to cope through intense emotions

DBT offers intensive, evidence-based treatment to help those suffering from borderline personality disorder, substance use disorders, eating disorders, and others.



## GRATIOT INTEGRATED —HEALTH NETWORK— Hours of Service

Monday and Wednesday  
8:00 a.m. to 7:00 p.m.  
Tuesday, Thursday, and Friday  
8:00 a.m. to 5:00 p.m.

Emergency Services Available  
24/7

989-463-4971  
1-800-622-5583

Michigan Relay Center  
1-800-649-3777

Customer Service  
989-466-4192

Gratiot Integrated Health Network  
608 Wright Avenue  
Alma, MI 48801

224 North Mill Street  
St. Louis, MI 48880

Find us on social media!

 /GIHNMI

Learn more about Gratiot Integrated Health Network and see the complete list of services and descriptions on our website:

[www.gihn-mi.org](http://www.gihn-mi.org)

## GRATIOT INTEGRATED —HEALTH NETWORK—

### Dialectical Behavioral Therapy (DBT)

Effective treatment for  
Borderline Personality  
Disorder and more.

Build a Life  
Worth Living!





**Dialectical Behavioral Therapy (DBT) is an evidence-based treatment to help individuals with:**

- **Borderline Personality Disorder**
- **Substance use disorder**
- **Bipolar disorder**
- **Eating disorders and more**

**Stop self-destructive behaviors and learn skills to manage intense emotions and stressful situations.**

**Our staff works with you to support your transition into a new way of life. Individual therapy, skills groups, and coaching calls provide a team approach to treatment that works!**

## Who is eligible for DBT?

- Consumers of Gratiot Integrated Health Network
- Adults 18 years or older
- Individuals with a diagnosis of Borderline Personality Disorder, substance use disorders, eating disorders, bipolar, etc.
- Those with chronic feelings of emptiness and hopelessness
- Individuals who have a significant number of crises in life.
- Those willing to reduce suicidal and self-injury behaviors.



## What can DBT do for me?

**Dialectical Behavior Therapy (DBT) involves three hours per week of individual and group sessions. Participants benefit from learning:**

- **Mindfulness**
- **Distress Tolerance**
- **Emotion Regulation**
- **Interpersonal Effectiveness**

**To learn more, please get in touch with your case manager or therapist for information on the DBT referral process. Our DBT therapists can arrange an informal meeting to discuss your needs. Four pre-treatment sessions must be completed before enrolling in the program.**