



## PROMOTING EMOTIONAL & MENTAL WELL-BEING

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## PROMOTING EMOTIONAL & MENTAL WELL-BEING

We strive to improve the quality of life for individuals, Children, and families worldwide.

GHS specializes in holistic wellness and client-centric, Collaborative care. Our approach to holistic wellness is unique because of our focus on two invaluable Components: family strengthening and community Engagement.

## OUTPATIENT MENTAL HEALTH CLINIC (OMHC)

GHS's OMHC is a free-standing clinic and is the newest Extension of our mission. The OMHC is guided by our philosophy of holistic wellness and works in collaboration with our other In-house programs. This enables us to provide customized and Comprehensive care to our clients. The OMHC offers Psychiatric Evaluations and medication management services in exploration of the best treatment modality to support the client.



# WHAT OMHC OFFERS

- Comprehensive Biopsychosocial Assessments
- Individual Treatment Plans
- Psych Evaluations and Medication Management
- Individual, Group, & Family Psychotherapy
- Support Services and referrals to other GHS programs and community resources as needed

# WHO OMHC SERVES

- Children as young as 5 years old
- Adolescents
- Adults
- Families

**Individuals may self-refer to GHS's OMHC by calling (410) 296-0180 and requesting an appointment.**

**Please be prepared to provide your insurance information**

# TREATMENT

The **OMHC** treats a broad range of psychiatric, psychological, emotional and behavioral symptoms. Treatment is designed to build upon our clients' strengths, and provide community supports while minimizing behavioral crises and recurrence of symptoms. What makes GHS's OMHC unique is that we are able to refer our clients to other GHS programs to maximize the potential for success. We achieve this by performing comprehensive assessments and formulating individualized treatment plans. GHS's clinical team specialize in mental health interventions and medication management that assist our clients in achieving optimal functioning in their personal lives and in their community.