

ASCENSION COUNSELING CENTER

Ascension Counseling Center is a parish agency that provides counseling and substance use treatment to Ascension residents. The agency is funded by a parish property tax and accepts Medicaid, insurance, and individual payment. Fees for those in need are assessed according to family income based on a sliding scale that begins at \$5.00. The professional staff includes a psychiatrist, counselors, and a nurse.

*Helping Individuals
and Families
Change Behaviors-
Change Lives*

Ascension Counseling Center
is licensed through the
Louisiana Department of
Health and Hospitals

**TO SCHEDULE AN
APPOINTMENT CALL:
225-450-1158**

GONZALES CLINIC
1112-A S. E. ASCENSION COMPLEX
GONZALES, LA 70737

DONALDSONVILLE CLINIC
419 MEMORIAL DRIVE
DONALDSONVILLE, LA 70346

HOURS OF OPERATION:
CLOSED NOON TO 1 PM
MONDAY THROUGH THURSDAY
8:00 AM TO 5:30 PM
FRIDAY
8:00 AM TO 12:00 PM

ASCENSION COUNSELING CENTER



225-450-1016

SERVICES

- Individual counseling
- Marriage/couple/family counseling
- Psychiatric evaluation
- Medication prescribing and management
- Substance abuse treatment
- Dual diagnosis assessment/treatment
- Substance abuse
- Referral to inpatient treatment
- Referral to community services

GROUPS

- Substance abuse
- Adolescent social skills
- Self-esteem
- Parenting skills
- Smoking cessation
- Coping with chronic pain
- Anger management:
Teens and Adults

DID YOU KNOW...?

- Suicide is the eleventh leading cause of death in Louisiana.
- Ascension Parish had 5 suicides in 2012.
- 908 Ascension Parish school children said they have thought about suicide.

THE WARNING SIGNS...

- **Feelings** of loneliness, sadness, helplessness, worthlessness.
- **Thoughts** such as
 - "I wish I were dead."
 - "Everyone will be better off without me."
- **Actions** such as
 - Making final arrangements: giving away possessions, tidying up, "saying" good-bye.
 - Preoccupation with death/dying.
- **Physical** such as
 - Lack of interest in appearance
 - Changes in appetite/weight/sleep patterns.
- **Going through difficult life situations** such as
 - Death/loss/suicide of someone else, divorce or separation.
 - Work, relationship, financial problems.

WHAT SHOULD YOU DO...?

So, what should you do if you think a person is having suicidal thoughts?

- Ask the person directly if he/she is having suicidal thoughts or ideas.
- Ask if they have a plan to commit suicide.
- Ask if they have access to the means to commit suicide.