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Life's Journey Mental Health Services Expands its Practice and Offerings to Accommodate Region's Needs

(Norfolk, Virginia, Jan. 26, 2021) – To help Hampton Roads area residents address rising mental health needs associated with COVID-19, Life's Journey Mental Health Services has expanded its practice footprint and service offerings. This month, the full-service behavioral health care agency relocated to a larger office space at 2551 Eltham Ave, Suite A, in Norfolk.

Recently accredited as a Commission on Accreditation of Rehabilitation Facilities (CARE) service provider, Life's Journey offers a comprehensive array of mental health service offerings including outpatient therapy, psychiatric services, substance abuse treatment, mental health skill building services and crisis stabilization services. The agency serves adults, teens and children.

"We're seeing more patients than ever who are struggling with anxiety, depression and substance abuse as a result of COVID-related factors, such as isolation, fear and loneliness," said Life's Journey CEO Benicia Hernandez, a licensed professional counselor and licensed substance abuse treatment practitioner. "When you're worried about your health and your loved ones, or unable to see your family and friends, it can escalate an already stressful situation."

Life's Journey outpatient offerings include counseling, group therapy, medical consultations, and psychiatry services, among others. Depending on the situation, treatment may include short-term counseling, or more comprehensive long-term care plans.

To help address the region's rising tide of opioid addiction, the practice recently opened a new medication-assisted treatment program onsite at its practice. Following an assessment with an expert licensed physician, qualified patients may be prescribed Buprenorphine/Naloxone (Suboxone) when appropriate, to help with cravings and withdrawal symptoms. In addition, Life's Journey has licensed substance abuse and mental health providers to partner with those in their recovery journey.

Life's Journey has been serving the Hampton Roads community since 2016. Hernandez named the practice for her youngest daughter, Journey, and to reflect that every individual can benefit from support along life's diverging pathways.

Last year, Hernandez developed a complementary initiative, Project: Life's Journey. Volunteers of the 501(c) 3 nonprofit organization promote and provide services and classes related to mental health and wellness.

"I am seeing more needs in our region than ever before," Hernandez said. "No matter where you are on your journey, we're here to help, on so many levels."

For information about services, and to view the latest job openings, visit www.lifesjourneyservices.com.

About Life's Journey Life's Journey is a multi-disciplinary behavior health care practice that offers mental health and substance abuse services to the communities of Virginia's Hampton Roads region. Our focus is to provide cost-effective, quality treatment, while creating, promoting and maintaining a positive customer relationship with our clients, referral sources, community stakeholders and associates. Life's Journey also provides comprehensive services to address substance abuse treatment, and programs to support justice-involved youth, families and children in our communities. The practice is a Commission on Accreditation of Rehabilitation Facilities (CARF) service provider, a SBA 8(a) certified business, and a Small, Women-owned and Minority-owned business (SWaM). For information, call (757) 622-0700 or visit www.lifesjourneyservices.com.