

# Post-Surgical Psychological Services

Short-term therapy and consultation for mental health concerns after weight loss surgery

**Are you struggling as you adjust to life after weight loss surgery?**

**Do you need help getting back on track with your goals?**

Psychologists in the Weight Management Institute are available to support you with a range of post-surgical adjustment concerns. These may include:

- Maintaining your nutritional goals
- Emotional changes
- Body image concerns
- Managing new stressors
- Relationship changes
- Getting back on track after a challenging time

With solution-focused therapy, you can attend up to six individual sessions with the psychologist, who will help you set specific behavioral goals and harness your strengths to reach those goals.

If additional or longer-term mental health services are warranted at your consultation or at the end of your treatment, you will be provided with appropriate referrals.

**Location: The facility where you saw your psychologist prior to surgery. Other locations or providers may be available upon request.**

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For more information and to schedule an appointment, call **330.375.4680.**

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