

About Us



Our staff of licensed psychiatrist, social workers, marriage and family therapists and board-certified psychiatric nurse practitioners provide a broad range of services to those in need. All staff members are licensed at the highest independent level of their profession.

Dr. John Eckard, MD
Clinical Director

“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow" ~Mary Anne Radmacher

**Serenity Now
Psychiatric and
Counseling Services**

2125 16th Street
Bedford, Indiana 47421

Serenitynow.hoosieruplands.org
P: 812 275-4053
F: 812 275-5494



**Serenity Now
Psychiatric and
Counseling Services**
2125 16th Street
Bedford In 47421

812-275-4053



SERENITY NOW
812-275-4053

FOUR STEPS TO MAKING THE MOST FROM YOUR COUNSELING EXPERIENCE

- **WILLINGNESS**
- **MOTIVATION**
- **COMMITMENT**
- **FAITH**

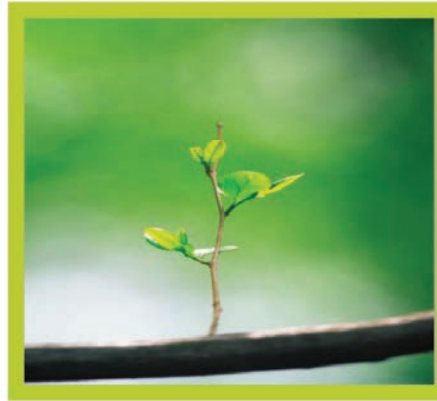


Our Mission

Our Staff at Serenity Now is dedicated to helping clients discover and utilize their inner strengths. Our philosophy respects the integrity of each individual and his or her ability to grow.

We provide individual, couples, family and marriage counseling in a warm and welcoming environment that is safe and comfortable for both adults and children.

Serenity Now accepts most insurance policies and is fully accessible.



Our Vision Statement

Providing innovative solutions to complex problems, we work with community partners to build a safe, strong, and healthy Lawrence County.

Counseling

There are often times when life seems overwhelming or when your daily activities are impaired by a particular problem or circumstance. In many cases, the best way to find solutions is with professional counseling. Serenity Now Counseling Services can help you find a path toward resolution and relief with counseling and in-depth psychotherapy services for adults, couples, children, and families.

Healing is a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates (460 BC - 370 BC)

Services We Offer

- Adult, Couples and Family Therapy
- Individual Psychotherapy
- Family Therapy
- Learning Disability (LD) and Attention-Deficit/Hyperactive Disorder (ADD/ADHD) Testing and Treatment
- Trauma
- Parent-Child Conflict
- Conflict Resolution
- Abuse/Neglect Issues
- Marriage and Family Counseling
- Comprehensive Substance Abuse Services
- Medication management with focus on depression, bipolar disorder, anxiety disorder including generalized anxiety disorder, social phobia, panic disorder, OCD, PTSD
- Psychotic disorders
- Smoking cessation
- Supervised Visitation Services for Children in need of services (CHINS) and other court related issues
- Therapeutic and Psychiatric services available for ages 6 and up