

Our top priority is caring for your child's mental health!

## Why Play?

Play is fun, enjoyable, and low-pressure, and creates a foundation where better care can occur. Professional mental health experts have observed that play is as important to human happiness and well-being as love and work. And incorporating play brightens our outlook on life.

**Play relieves feelings of stress,** connects us to people in a positive way, stimulates creative thinking and exploration, regulates our emotions, and boosts our ego.



# Locations

SEKMHC

IOLA | 304 North Jefferson Ave

CHANUTE | 402 South Kansas

FT. SCOTT | 212 State Street

HUMBOLDT | 1106 South Ninth

GARNETT | 519 South Elm

PLEASANTON | 505 West Fifteenth

YATES CENTER | 204 S Main

## Let's Connect

**Phone**

1-866-973-2241

**Website**

[www.sekmhc.org](http://www.sekmhc.org)



# Play Therapy

Southeast Kansas  
Mental Health  
Center



## Play + Therapy

Play, when it's a part of therapy, builds on the normal communicative ways of children. Therapists strategically utilize play therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings.

## Who is Play Therapy for?

Kids from ages 3-12 benefit the most from the use of play therapy. However, play therapy has been used successfully in adults and infants, as well.

# How Play Therapy Benefits Kids

- Become more responsible for behaviors and develop more successful strategies.
- Develop new and creative solutions to problems.
- Learn to experience and express emotion.
- Develop respect and acceptance of self and others.
- Learn new social skills and relational skills with family.
- Cultivate empathy and respect for thoughts and feelings of others.



If play is a child's language, toys are their words.