



Addressing Mental Health Effectively



1 in 4 Adults in the U.S.
Experience Mental Illness¹



3 of 4 People Who Enter
Psychotherapy Show Benefit²

50%

Increase in Behavioral Health Conditions
Expected Due to Pandemic's Impact³

We are now offering mental health services to our patients.

Easy and accessible mental health from experienced mental health professionals.

- + Professional Licensed Clinical Counseling via Tele-video or Telephone Sessions
- + Online, Evident-based Care Plans
- + Education, Exercises and Meditations
- + Flexible Scheduling & Availability

We are here for you. Do you want to talk?

These services are at little or no cost to you with most insurances including Medicaid and Medicare. Ask your provider how MindHealthy[®] services may improve your overall health and wellbeing.

Common Challenges MindHealthy[®] Can Help:

- Anxiety
- Depression
- Eating Disorders
- Sleep Issues
- Substance Abuse
- Social and School-related Issues
- Self-esteem
- Trauma
- Grief
- Loneliness
- Adjusting to Changes in Life
- Coping with Chronic Health Conditions
- Racial Discrimination Issues
- Gaining Greater Self-awareness