Individualized *Mental Health* Support Options

Mental health and psychological safety are essential at work, at home and within relationships. Wellness Collective cultivates comprehensive wellness in body, mind, environment and spirit. Our professionals provide many services dedicated to supporting mental health, quality care, individualized screening and education that is easily accessible and streamlined. Ongoing, our team is here to nurture, heal and pour into you, the employee.

All mental health services are provided by a Licensed Mental Health Professional. The following individualized options can be provided virtual or in-office.

FOR EMPLOYEES LIVING IN THE STATE OF OHIO

Mental Health Consultation
This service is intended to provide comprehensive mental health support to individuals in a flexible manner, based on identified needs. Areas of focus include targeted approach to change, improving relationships, building skills and behavioral intervention to boost quality of life and overall well-being.

Mental Health Counseling
This service is intended to assess and treat individuals adjusting to a change in life, specifically individuals who suspect a mental health condition or notice a significant shift in daily functioning that impacts the way they feel, think, behave and/or relate to others. Counseling is a more structured service based on treatment goals, using therapeutic modalities intended to restore and renew. Several insurance carriers are accepted.

FOR EMPLOYEES LIVING OUTSIDE THE STATE OF OHIO

Mental Health Education and Behavioral Coaching
This service is intended to provide psychoeducation and provide comprehensive information regarding concepts impacting an individual's thinking, feeling, behavior and relationships. The focus will be on increasing self-awareness/self-care, building positive coping skills and establishing behavioral change to establish a healthy lifestyle and relationship with self and others.

PER SESSION COST
Self-Pay

- 30-minute session: $55
- 50-minute session: $110

transforming lives through health & happiness

wellnesscollective

To schedule or learn more, contact Mental Health Specialist Lara Uher at **lara@wellnesscollective.com**. *Note:* If you, or a loved one, need immediate support, please contact 9-8-8 for immediate mental health crisis support.