

It Takes a Team

We all need support. As a therapist in private practice, I am part of your team. In building your support team there are many options. A few recommendations for a successful support team could include medical mental health support through a psychiatrist, spiritual support, family support, group support (any 12-step group or other recovery support groups) and having knowledge about any area crisis support in case of an emergency.

In some cases, a person could require a higher level of care than this office can provide with a weekly hour session. These types of decisions will be a matter of discussion within your scheduled sessions.

All communication between my office and clients through texting is for the purpose of handling appointments only.

In case of an emergency, you will need to contact 911 or your area crisis support center.

X

N a m e a n d D a t e

