



Right now is the right time to

**TAKE OWNERSHIP
OF YOUR STORY**

TELL YOUR STORY...

We all experience the feeling that things could be better, but how we each experience those feelings is uniquely our own. There are a lot of layers to this thing called life, and finding healthy ways to cope can be difficult, and aggravating, and uncomfortable.

Let's work together to sort everything out. Let's identify the root causes—and address them—so you can be better prepared to manage and enjoy your life. All of it. Every beautifully imperfect moment.

Please come in and talk. We can take this next important step together.

...WRITE YOUR FUTURE.

THERAPY TAKES COURAGE.

You experience being you, every day. You know when something is off in your thinking or in your behavior, but it takes courage to do something about it. And, just by reading this, you've decided to do something about it.

We want to have a conversation with you about what you're going through. Let's learn to recognize possible triggers, explore how to become aware of them and identify how to respond appropriately

Working with individuals, couples and families who wish to make progress in the following areas:

- Anxiety
- Substance Abuse
- Depression
- Eating Disorders
- ADHD
- Personality Disorders
- Anger Management
- Dialectal Behavioral Therapy (DBT)
- Conduct Disorders
- Eye Movement Desensitization and Reprocessing Therapy (EDMR)



WHEN YOU'RE READY, WE'RE HERE.

Appointments Available (775) 448-9760

Call for an appointment or fill out our contact form. We'll send you information to help you start your journey. We accept most major insurances.



HERE FOR THE COMMUNITY

Reno's trusted resource for mental, emotional and relational health care.

At Healing Minds, we believe it's our responsibility to ensure everyone in this community has an outlet to be heard and have a resource that offers qualified, compassionate, understanding mental health care. Through our intimate work with individuals and families in the Reno area, we're proud to lead the charge to give mental health the care it demands.

...HERE FOR YOU.

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