



# Open your mind to better mental health. Become your best self.

**Open Mind Health** provides virtual talk therapy, psychiatry, and integrative/complementary modalities such as breathwork, art therapy, and music therapy. We get to the roots of problems using an innovative virtual approach that helps each individual achieve optimal mental health and personal evolution.

## Why Open Mind Health:

### Immediate availability for therapy and prescriber appointments

Our expert and diverse team of providers are skilled in evidence-based solutions and holistic care and are passionate about advancing mental wellness.

### Wellness Tracks: Customized and holistic treatment plans

21 individualized Wellness Tracks that specifically address Core Symptoms, Core Life Domains, and Diverse Populations.

Examples include:

- Stabilizing Symptoms
- Transcending Trauma
- Altering Addictions & Becoming Balanced
- ADHD: Focus & Flourish
- Capturing Communication
- Reworking Relationships
- Integrative Healing for Your Mind, Body, and Spirit
- Realizing Your Full Potential
- Active-Duty Military & Veterans
- Positively Queer
- Living While Black in a Race Conscious World
- Advancing Hispanic Latinx Resilience
- Asian & Pacific Islanders and Proud
- Women's, Children, and Older Adults Wellness Tracks
- Bringing Purpose, Positivity, and Productivity to the Workplace

Visit our website for more information.



“I am so pleased with the level of care I am getting. I have been in therapy for 25 years and this treatment has gotten me the most results.

– Open Mind Health Client

### Targets Include:

- Addiction
- Anxiety
- ADHD
- Bipolar
- Communication
- Depression
- Dementia
- Eating concerns
- Grief/loss
- Personality challenges
- Relationships
- Trauma
- Workplace

### Founded and operated by a psychiatrist and psychotherapist

Our executives have worked in the mental health space for over thirty years and understand patients' unique challenges and the importance of customizing treatment to fit each individual's needs.



Contact us today to reserve your preferred appointment time.

Direct appointment booking: [www.openmindhealth.com](http://www.openmindhealth.com)

Phone: 1-855-550-6463