



**Anxiety? Stress? Depression? Alcohol use disorder?
Substance use disorder?
Do you have a teen or young adult who is struggling?**

Your mental health matters. That's why we're here—to give you and your family easy access to mental health services. Whether it's for you or a loved one, we provide and coordinate all the support needed to achieve and maintain mental wellness.

We connect with you. We tailor a personalized plan that gives you the tools and skills to help you manage your mental health. Manage stress and anxiety and other challenges.

You have total anonymity, we will bill insurance for you, we are super easy to access, and you can see a therapist in less than two days.

We will guide you. Services available to you:

- Individual assessments and counseling
- A personalized mental fitness plan
- Medications management
- eLearning --- learn self-care skills at your own pace
- Special programs like our "Parent Inner Circle."

**Why wait? Call us at 833-833-9655, or "Book a Therapist"
at www.mindclubamerica.com.**