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BLOG

Getting Therapy Sooner: 3 Things to Know in West Ashley

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Therapy Approaches

- CBT for anxiety, depression, panic
- DBT skills for strong emotions
- ACT for values-based living

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Visits That Fit Your Life

- Secure video visits
- Mix in-person and video
- Easier with a busy schedule

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Your Safety Plan

- Know your warning signs
- List the people who support you
- In crisis? Call or text 988

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Read the full article

Therapy Without the Wait: Local Mental Health Care for West Ashley Residents

hopeintegrativemed.com

(843) 737-0312

General information, not medical advice. Your provider can tell you what is right for you. If you are in crisis, call or text 988.