

# Find a Place Where *You* can be **YOU**

## *About*

Ellie is the perfect spot to get judgment-free mental health care that will help you grow into your healthiest, most authentic self. We vow to be really and truly different from other providers. That's why we problem-solve barriers in the field at all levels and work everyday to destigmatize mental health and expand access. #stigmatalater

## *What to Expect*

No one's mental health is amazing all the time. Between life events out of your control, your unique brain chemistry, and individual perspectives and tendencies, there are many reasons you might need extra support right now. We're here to help! Let's work together to explore strategies and resources that can support your mental health and develop a personalized plan so you can start feeling better!

## *Call Today!*

## *Our Services Include*

- Individual Therapy
- Young Adult Therapy
- Child & Adolescent Therapy
- Trauma Therapy
- In-Person and Virtual Sessions
- And more!



LEARN MORE

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[elliementalhealth.com](http://elliementalhealth.com)



**ellie**  
MENTAL HEALTH