Thank you so much for considering Mental Wellness Counseling. We’re glad you are considering counseling; it is a really big step. We hope you will join us. We have a lot more information on our website such as tips, how to get started, and you can read about our clinicians: www.mentalwellnesscounseling.com, be sure to click on the tab that says, “New? Click Here.”

Here are some common reasons people contact us:

* Angry Kids: Maybe they are not acting like they should. They may be angry, frustrated, don’t follow your rules, or have other behavioral or emotional issues. Also, kids process death, family break-up, or even new people joining the family different. They may get quiet or angry. We help with both.
* Frustrated Parents: We help parents to be even better parents by looking at what you are doing really well already. We then teach new skills and check in as to how it is going.
* Distant Couples: Sometimes the stress of life, parenting, or money can get in the way of being the best possible couple. We work to help you restore the relationship from wherever it has been to head in a better direction.
* Everyone Else: We work with people that are dealing with depression, anxiety, sleep issues, and that want better relationships. We also specialize in helping adults and kids that have been newly diagnosed with diabetes. If you are not sure if we can help, send us an email, we’d love to talk: joe@mentalwellnesscounseling.com

**How to set up an appointment:**

1. Send us a message through our website www.mentalwellnesscounseling.com, call us (231) 929-2600 ex. 2 or email joe@mentalwellnesscounseling.com.
2. We’ll set up a time to talk, email you the intake paperwork, and schedule your intake.
3. In the first 1st and 2nd sessions we’ll discuss your history, story, and goals.
4. In the 3rd session we’ll form a Treatment Plan (a map of where we’re going).

We look forward to talking with you.