



## OUR MENTAL HEALTH

Influences our emotions, thoughts and behaviors.

Caring for our mental health is as important as taking care of our physical health. In fact, having good mental health impacts our overall wellbeing and many mental health challenges like stress, anxiety, depression can lead to physical problems if not dealt with.

When our bodies ache or we feel pain we go to our primary care doctors. Therapists or counselors also referred as psychotherapists can help us care for our minds, hearts and souls.



## We work with:

Children (6+ years )  
Youth  
Adults and  
Families in need of guidance and support to overcome barriers and rough patches.

## We deal with:

Anxiety	Transitions
Depression	Adjustments
Stress	Anger management
Trauma	Family conflict
Self-esteem	Family reunification

Psychosocial Evaluations for Immigration and other purposes, and more.

## How do we do it?

We utilize a variety of interventions and strategies to design an experience unique to each client.

We are a bilingual behavioral health private practice working with DC metro area residents.

- ▶ You don't have to suffer in silence or alone
- ▶ Services are Confidential and Private
- ▶ We accept some insurances
- ▶ Discounted out of pocket rates
- ▶ Certified and trained to provide therapy over video (TeleMental Health)
- ▶ Call 202-508-3673 for a FREE phone consultation



[www.hopecenterforwellness.com](http://www.hopecenterforwellness.com)

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