

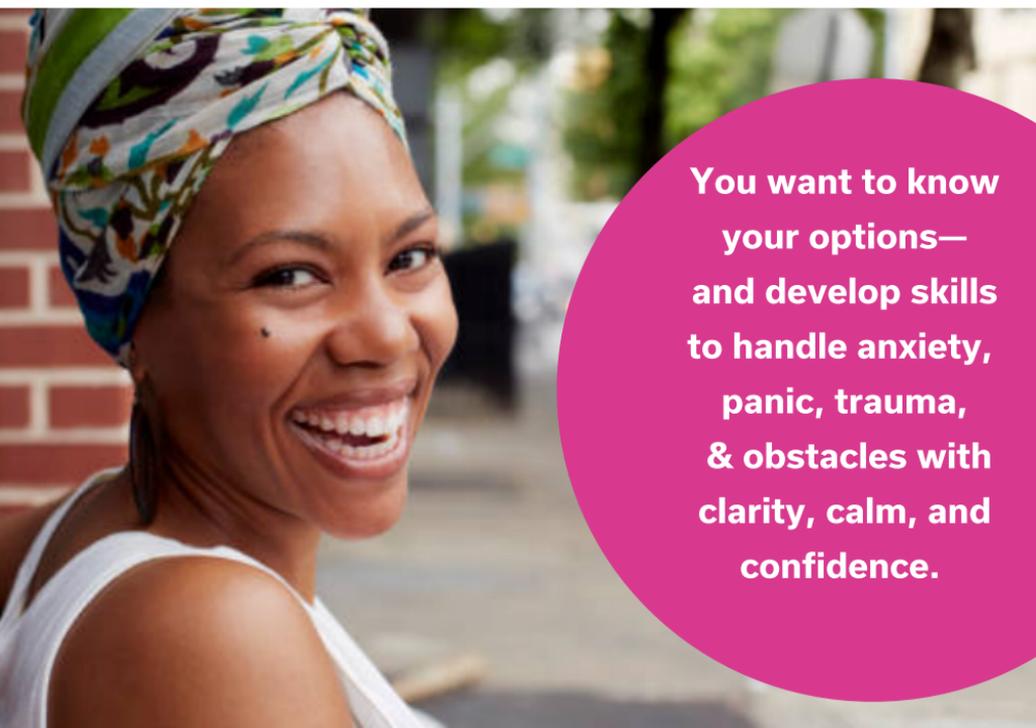


[What we help with](#)

[How we help](#)

[Our therapists](#)

[Get Relief](#)



You want to know your options—and develop skills to handle anxiety, panic, trauma, & obstacles with clarity, calm, and confidence.

We're licensed therapists who will help you deal skillfully with whatever life throws your way so you create the future you desire.



Stress-Free Scheduling



Helpful & Effective Experts



Med-Free Support



When anxiety and trauma run your life, they can ruin your life.

Anxiety and trauma hold a lot of people back. They stand in your way of making progress, keep you stuck and living small, and leave you unable to move your life forward.

But when you're in the grip of anxiety and trauma...

It can be difficult to reach out to a stranger for understanding, counsel and support, so you keep putting it off, hoping things will improve.

[Get Relief](#)



We get it. Asking for help is hard.

That's why we have 19 therapists and provide you with a free consult. We'll ask what you need and then match you up with the best therapist to help you.

While we all have advanced degrees, we know a clear, supportive relationship with a therapist who gets you is vital for your success.

[Get Relief](#)

We'll help you navigate:

- Anxiety
- Panic Attacks
- Trauma & PTSD
- Alcohol Misuse
- Depression

So you can enjoy:

- Relief
- Hope
- Confidence
- Success
- Relationships

Featured In



# 5 steps to get life back on track

**1** Schedule your consult.

**2** Find out your options.



**3** Select what's best for you.

**4** Learn tools and strategies that put you back in control.

**5** Live your amazing life.



My therapist was so helpful. She taught me real strategies that I use every day to feel more confident and in control of my life. I'm a much happier person these days.

[Get Relief](#)

I had a panic attack at work that really shook my confidence. I wasn't earning what I deserved, yet I was afraid to ask for a raise. After working with my therapist, in four months I went from earning \$100,000/yr to \$160,000.



[Get Relief](#)



Not sure therapy is for you?  
Download:

**What to expect in therapy...  
and why you shouldn't  
put it off anymore.**

**You deserve to live a calm, confident,  
& successful life.**

**Talking for Wellness can help.**

- Have the courage to ask to have your needs met
- Feel more hopeful about life in general
- Have strategies for dealing with panic and anxiety that comes up
- Enjoy deep, meaningful relationships
- Feel great about a purposeful, meaningful career
- Earn what you know you deserve

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