



HealthLinkNow (HLN) is an integrated network of psychiatrists and mental health providers who care for patients via telehealth. This flexible solution to healthcare is designed to help individuals in need.

In addition to individual therapy, HLN offers Group Therapy to provide additional support in caring for patient's needs. Group therapy is a form of psychotherapy that allows patients to feel a sense of togetherness amongst peers experiencing similar mental health hardships.

### Why Group Therapy?

- Support System - Group therapy is a wonderful way to give and receive support.
- Improve social skills- Group therapy teaches social conversation skills and helps patients to develop crucial listening and understanding skills to better navigate every day conversations.
- Unity – Realizing you are not alone in how you are feeling and being alongside others struggling in similar ways can be a powerful therapeutic tool.
- Safe place- Group therapy ensures that all participants can talk about their individual experiences, opinions and beliefs without ridicule, or disrespect from other group members or therapists.

Groups at HealthLinkNow will cover a wide array of mental health topics including:

- Depression
- Anxiety
- Stress management
- Occupational problems
- Anger management
- Past traumas
- LGBTQ
- Self-esteem
- Covid-19 Coping Skills



Our platform is secure, mobile, convenient and easy to use.

For more information, including insurance eligibility contact HealthLinkNow via e-mail at [hlinservices@healthlinknow.com](mailto:hlinservices@healthlinknow.com) or via phone at 916-669-1204.