

WE ARE HERE TO HELP

HealthLinkNow is offering group therapy services. Groups will be provided via telehealth and will cover various mental health topics once a week, with sessions ranging from 45 minutes to 60 minutes.

TOPICS CAN INCLUDE:

- Depression and anxiety
- Occupational issues
- LGBTQ+-specific topics
- COVID-19 coping skills
- Stress management
- Anger management
- Past traumas
- Self-esteem



We can connect you to the right care when you need it.

CALL 888-880-8443



HealthLinkNow

WHY GROUP THERAPY?

- **Support system** - provides opportunity to give and receive support, respect and care.
- **Social skills** - can teach skills to communicate and interact with one another verbally and non-verbally, and can help patients develop listening skills to better navigate everyday conversations.
- **Safe place** - allows individuals to discuss their experiences, opinions and beliefs without fear of ridicule or disrespect.

INSURANCE

HealthLinkNow is in network with several insurance providers. Please contact us if you have any insurance coverage questions.



HealthLinkNow

healthlinknow.com

888-880-8443

Fax: 916-669-1214



Providers are on the clinical and medical staff of HealthLinkNow, but, with limited exceptions, are independent practitioners who are not employees or agents of HealthLinkNow. The facility shall not be liable for actions or treatments provided by providers. For language assistance, disability accommodations and the non-discrimination notice, visit our website.

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