

Mental Wellness Visits

Schedule your check-up!

Make Mental Health Part of Your Wellness Routine

Just like you visit your doctor, dentist, or eye doctor for regular check-ups, your mental well-being deserves the same routine care. Preventive mental health visits help you stay on top of stress, build resilience, and catch small concerns before they grow into bigger challenges.

Your mind and body work together—taking care of both supports your total health.



**Staying
healthy is just
as important
as getting
healthy.**

**Book your
Wellness Visit
today!**

Our Wellness Visits Include

- **Two intake sessions** to assess your mental health, relationships, and lifestyle factors
- **Personalized recommendations and wellness plan**
- **Semi-annual check-in appointments** to collect data and monitor how you're doing
- **As-needed booster sessions** – scheduled at your request
- **Establish reliable care** with expert clinicians

**Give Us a Call
202-952-7105**