

Helping You Find **Balance** Every Step of The Way

Through Centered you receive high-quality, custom wellbeing solutions that help you address your mental health needs all in one convenient space. Centered offers you the opportunity to meet and access licensed therapists and certified health coaches in-person as well as online. Our care delivery model ensures that you get timely access to mental health and wellness support whether you're local or on the go.

Overview of 4 services:

Wellness Classes

Wellness looks different for everyone. That's why we offer a diverse menu of skill-focused and educational classes that help you be your best self at work, at home and in your community.

Our mental health experts cover topics that everyone can relate to such as Taming the Anxious Mind, Building Better Boundaries, Self-Compassion, Living Courageously, and more. You will be able to identify signs and symptoms of distress and apply practical skills to improve your mind-body balance and relationships.



Certified Health Coaching

With easy access to one-on-one certified health coaching, you can start improving your life today with built in support and accountability.

Whether you're looking to lose weight, lower your blood pressure, develop nurturing social networks or manage your stress levels, our health coaches can help you identify and attain short-term goals for long-term benefits.

Therapy

Our network of licensed clinicians provides you with a range of expertise to help you find stability through any of life's challenges.

Trained in evidence-based practices for people of all ages, our clinicians can help to address a wide variety of concerns like depression, anxiety, alcohol and drug use problems, child management and marital problems and more using approaches that support the unique needs of each individual. These include, but are not limited to, cognitive behavioral therapy (CBT), dialectical behavior therapy, trauma-focused CBT and somatic therapy.



Supervisory Consultation

Centered clinicians pair both supervisory and behavioral health expertise to help you manage your workforce. Supervisors can receive extra support through consultation with our Centered clinicians to help with addressing common workplace challenges, such as having direct conversations about expectations and how to identify and support employees with behavioral health concerns. Supervisors that need confidential support can use consultation to process what is happening at work.

Consultation excludes issues covered under employment law, such as procedures for disciplining employees due to issues related to various behavioral health concerns.