



Embrace the  
*growth*  
within yourself.





## Featured *New Locations*

Nora Mental Health is now welcoming clients in Birmingham, Carmel, Anchorage, Houston, and Roswell! No matter where you are, compassionate care is closer than ever. Find the support you need at one of our new locations!

### **Birmingham, AL**

Located in the heart of Alabama, our Birmingham office provides a welcoming space for individuals and families seeking compassionate mental health care. Whether you're navigating life's challenges or working toward personal growth, we're here to support you.

### **Carmel, IN**

Our Carmel location offers a peaceful and supportive environment for clients in need of therapy and mental wellness services. With a focus on personalized care, we help individuals, couples, and families find balance and healing.

### **Anchorage, AK**

Bringing expert mental health services to Alaska, our Anchorage office is committed to providing accessible and compassionate care. We understand the unique challenges of life in the region and are here to support your well-being.

### **Houston, TX**

In the vibrant city of Houston, our team is ready to help individuals from all walks of life prioritize their mental health. From stress management to long-term healing, we provide the resources and care you need to thrive.

### **Roswell, GA**

Our Roswell location is dedicated to offering high-quality mental health services in a supportive and judgment-free setting. No matter where you are in your journey, we're here to help you find strength, healing, and hope.

### **And coming soon...**

Dallas, TX, and Norcross, GA in April! Stay tuned as we expand to bring holistic, inclusive mental health care to more communities.



# Client Services

## Care Designed Around You

At Nora Mental Health, we go beyond traditional therapy by offering care that is truly personalized, accessible, and client-focused. Our innovative approach ensures you receive the support you need in a way that works for you, whether through flexible therapy options, a compassionate team, or a commitment to long-term healing.



### Virtual & In-Person Therapy

At Nora Mental Health, we believe quality care should be convenient and flexible. That's why we offer both virtual and in-person therapy options, ensuring you get support in the way that works best for you. Virtual therapy allows you to connect from home, while in-person therapy provides a welcoming space for deeper connection. No matter which option you choose, our compassionate team delivers high-quality care designed to help you heal and grow.



### Client-Centered Approach

At Nora, we know that everyone's mental health journey is unique. Instead of one-size-fits-all therapy, we take the time to understand your needs, challenges, and goals. Whether you're managing anxiety, healing from trauma, or seeking guidance, our sessions are tailored to your personal path. Our therapists create a safe, non-judgmental space where you feel heard, validated, and empowered to take meaningful steps toward healing.



### Easy Scheduling & Support

Starting therapy should feel simple, not overwhelming. Scheduling an appointment with Nora Mental Health is quick and hassle-free, whether online, by phone, or in person. Our team is here to guide you, answer questions, and match you with the right therapist. Taking the first step can be hard, but you don't have to do it alone—we're here to make the process smooth and supportive.

## Empowering Your Mental Health Journey

Prioritizing your mental health should be simple, and we're here to make it easy for you. Whether you're ready to start therapy or just have questions, we're here to help every step of the way.

For ease of scheduling, visit our website at [noramentalhealth.com](https://www.noramentalhealth.com) and book your appointment today.



# May is *Mental Health Awareness Month*

Mental health affects everyone, and during Mental Health Awareness Month, we recognize the importance of breaking the stigma and ensuring access to care for all. We are committed to supporting individuals from all walks of life.

## Mental Health by the Numbers

- **1 in 5 U.S. adults** experience mental illness each year.
- **50% of lifetime mental illnesses** begin by age 14, and **75%** by age 24.
- BIPOC individuals are **less likely** to receive mental health treatment due to systemic barriers, despite experiencing similar or higher rates of mental illness.
- LGBTQIA+ individuals are **more than twice as likely** to experience depression and anxiety.
- Older adults (65+) face **rising mental health concerns**, including loneliness and depression.
- Veterans & first responders are at **an increased risk** of PTSD, depression, and substance use.



## Everyone Deserves Care

- **Children & Adolescents**  
We offer specialized therapy for anxiety, depression, ADHD, and trauma to build resilience.
- **Young Adults & College Students**  
We provide support for stress, relationships, career anxiety, and identity development.
- **Adults & Professionals**  
Our therapists help navigate for work-life balance, burnout, and emotional well-being.
- **Seniors & Retirees**  
Our team provides compassionate care for grief, isolation, and life transitions.
- **LGBTQIA+ Community**  
We offer affirming therapy in a safe space for identity, relationships, and well-being.
- **BIPOC & Multicultural Communities**  
Our therapists offer culturally competent care that honors diverse experiences.
- **Veterans & First Responders**  
We provide trauma-informed support for PTSD, stress, and resilience.



No matter where you are on your journey, we're here to support you.  
**Take the first step—your mental health matters.**





## Client's *Corner*

### Prioritize Your Well-Being

Taking care of your mental health is just as important as caring for your physical health. Self-care isn't selfish—it's essential. Here are simple yet effective ways to take care of yourself:

**Set Boundaries**

Protect your energy by saying no to things that drain you. Prioritize your well-being by setting limits with work, social obligations, and technology.

**Practice Mindfulness**

Be present in the moment. Whether it's deep breathing, meditation, or simply focusing on your surroundings, mindfulness helps reduce stress and improve emotional balance.

**Connect with Others**

You don't have to go through life alone. Spend time with loved ones, join a support group, or reach out to a therapist when you need guidance.

**Get Enough Sleep**

Quality sleep is key to emotional regulation and mental clarity. Create a relaxing bedtime routine and aim for 7-9 hours of rest each night.

**Engage in Activities You Love**

Make time for hobbies that bring you joy—reading, painting, gardening, or anything that helps you unwind and express yourself.

**Limit Social Media & Screen Time**

Too much screen time can contribute to stress and comparison. Take regular breaks and focus on real-world connections.

**Seek Professional Support When Needed**

If you're struggling, don't hesitate to reach out for help. Therapy, support groups, and counseling can provide valuable tools for healing and growth.

Your mental health matters. Take time for yourself, listen to your needs, and remember — self-care is a necessity, not a luxury.



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your needs at your pace.*

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