



Alexandra Bennett

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TREATMENT APPROACH

POPULATIONS TREATED

DISORDERS AND SPECIALITIES

PAYMENT OPTIONS





ABOUT ANXIETY & DEPRESSION ASSOCIATION

The Anxiety and Depression Association of America (ADAA) developed this **Find Your Therapist Directory** for you to connect with licensed mental health professionals.

Know that you are not alone, and help is available.

ADAA is a nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through the alignment of science, treatment, and education.

For the ADAA mental health professionals, this directory also helps you connect with millions of potential patients.

To join the directory, contactmembership@adaa.org.

If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

HELPFUL LINKS

ADAA Website https://adaa.org/

Mental Health Webinars https://adaa.org/resources-news/from-adaa-experts/webinars

Mental Health Personal Stories https://adaa.org/educational-resources/from-our-community/stories-of-triumph

ADAA Newsletter Sign Up https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Get Involved with ADAA

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