



## Andrea Bailey

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**Notice (8):** Undefined index: location [APP/View/OrganizationPdfStyles/default.ctp, line 63]

Zip Code: 01095

Zip Postal: 01095

Language: English

Populations Treated: Adults, Adolescents/Teens

Organization: Evolving Mind and Body

Treatment Options: In Office, Telehealth

Disorders Treated & Specialty: Anxiety, Depression, Generalized Anxiety Disorder (GAD), Panic Attacks/Panic Disorder, Posttraumatic Stress Disorder (PTSD), Social Anxiety Disorder, Trauma, Other

Treatment Methods: Cognitive Behavioral Therapy (CBT), Mindfulness, Other

Payment Options: Accepts Some Insurance, Accepts Credit Cards

Address1: 2 Allen St

Website: <https://evolvingmindandbody.com>

City: Hampden

State/Providence: Massachusetts

Country: United States

Degree: MA, Others

Preferred Pronouns: she/her/hers

Email: [andreabaileylmhc@gmail.com](mailto:andreabaileylmhc@gmail.com)

Office Phone: 413-279-4424

Telehealth: Massachusetts

Cell Phone: 413-279-4424

Professional focus: Counselor

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### ABOUT

My specialties are working with clients who have anxiety, depression, PTSD, ADHD, and those looking for support with parenting strategies and experiencing major life events, among other issues. I enjoy connecting the mind and body with nature by spending sessions outside in varying weather conditions. I also offer traditional in-office visits and tele-health.

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Mindfulness

Other

### POPULATIONS TREATED

Adolescents/Teens

Adults

### DISORDERS AND SPECIALITIES

Anxiety  
Depression  
Generalized Anxiety Disorder (GAD)  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Social Anxiety Disorder  
Trauma  
Other

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#### PAYMENT OPTIONS

Accepts Credit Cards  
Accepts Some Insurance



#### 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.

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

*To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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

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#### 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](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Get Involved with ADAA**

<https://adaa.org/get-involved>

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