



Andrea Bailey

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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

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

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.

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.

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

