**Better Mental Health, PLLC**; Professional, caring help for the challenging times in your life.

**Mental** or **emotional health** refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

We help you at whatever stage you are in and in the manner most comfortable for you. **Self-help tools…email/text therapy…phone therapy…video therapy…in-person therapy**