

The HCMHA Advantage

*A Happier, Healthier
Mind for All*



- 1 Highly effective and proven mental health treatment methods
- 2 Highly qualified, experienced, and dedicated mental health specialists
- 3 High quality person centered approach

CONTACT US

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Holistic Care is for YOU and your Loved ONE!

Holistic Care Mental Health Association LLC (HCMHA) is a Mental Health clinic situated in the Greater Springfield area serving people from varying ethnicities and backgrounds. The clinic offers high quality mental health services that are carefully curated to fit individual and group mental health needs while taking a holistic approach to care.

The HCMHA clinic has highly qualified and experienced culturally competent therapists and psychologists with vast experience offering Family Support, Aftercare, PTSD, and Employee Support Programs. We also deliver Specialized Care & Reviews for Depression, Anxiety, Bipolar Disorders, Schizophrenia, ADHD, and Conduct Disorders.

OUR SERVICES

1

Individual Psychotherapy

Individual psychotherapy geared at helping children, adolescents, and adult clients deal with specific psychological needs.

2

Group Therapy

Patients support each other in group sessions, addressing common issues facing them, e.g. addiction, denial, depression, etc.

3

Family Therapy

Establish healthy boundaries, improve functioning, change negative patterns of interactions, and build positive relationships among family members.

4

Couples Therapy

Support for couples to understand each other, solve crisis, prepare for marriage, enhance intimacy & communication, e.t.c..

5

Psychiatric Consultation

Assessment and treatment of co-occurring psychiatric disorders such as depression, anxiety, bipolar disorders, schizophrenia, ADHD, e.t.c

6

Psychological Assessment

Evaluation of individual mental health and behavioral functioning and determine the treatment options for the individual.

7

Outreach Services

Home-based and institution-based therapy services to individuals, families, couples, and groups unable to come to our clinic.

