Marshall Pediatric Therapy - Lexington Raises Awareness of Mental Health Support for Children

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LEXINGTON, KY - August 12, 2026 -
Marshall Pediatric Therapy - Lexington is drawing attention to the growing need for pediatric mental health services as families across Central Kentucky seek support for children experiencing anxiety and depression. The clinic is highlighting its mental health therapy offerings in response to rising demand from parents looking for professional guidance during a period of increased awareness around childhood emotional wellness.

The clinic reports that more families are recognizing the early signs of emotional distress in children, including changes in mood, withdrawal from activities, difficulty sleeping, and shifts in academic performance. In response, the practice offers play-based therapy, emotional support, and trauma-informed care delivered by licensed providers experienced in working with young patients and their families.

As a Marshall Pediatric Therapy - Lexington pediatric depression and anxiety therapist works alongside a broader clinical team, children benefit from a collaborative approach that connects mental health care with other developmental services. The practice emphasizes that emotional wellness often intersects with speech,

occupational, physical, and behavioral needs, allowing clinicians to address each child holistically rather than in isolation.

"Families are becoming more attuned to the emotional needs of their children, and that awareness is an important first step," said Pam Marshall, OTR/L from Marshall Pediatric Therapy. "Early support can make a meaningful difference in how a child learns to manage anxiety and depression, and a team-based approach ensures that care addresses the whole child rather than a single symptom."

The clinic's mental health services are part of a comprehensive range of therapy options that include intensive therapy, psychological services, speech therapy, physical therapy, occupational therapy, applied behavior analysis, and behavior supports. This integrated structure allows providers to coordinate care when a child presents with overlapping challenges, such as developmental delays accompanied by emotional or behavioral concerns.

Marshall noted that the practice takes a family-centered approach, involving parents and caregivers in the therapeutic process. "Children do not experience challenges in a vacuum, and neither should their care," she said. "When families are part of the process, progress tends to last well beyond the therapy sessions themselves."

The clinic serves families throughout Fayette County and Central Kentucky, including communities in Winchester, Frankfort, Paris, and Lawrenceburg. Its providers work to create a warm and welcoming environment where children feel comfortable engaging in the therapeutic process, an element the practice considers essential to effective mental health care.

By raising awareness of available pediatric mental health resources, the clinic aims to help parents feel more confident in seeking professional support and to reduce the uncertainty that can accompany a child's emotional struggles. The practice encourages families to view therapy as a proactive step toward long-term wellness rather than a last resort.

Marshall Pediatric Therapy is a pediatric therapy clinic based in Lexington, Kentucky, offering a comprehensive range of services for children and families throughout Central Kentucky. Known for its family-centered philosophy, experienced clinicians, and integrated team-based approach, the practice provides mental health, developmental, and behavioral care designed to support the whole child.
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Marshall Pediatric Therapy - Lexington

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