

Athena Psych Is Offering Adult Mental Health Therapy Services In The Bronx

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Athena, a community mental health clinic in the Bronx, New York, is offering mental health therapy services for adults.

According to statistics from 2021, around 41.7 million adults in the United States received treatment or counseling for their mental health the year before. While the stigma of seeking mental health treatment has declined over the decades and individuals today are far more receptive to it, many still shy away from getting enrolled and seeking the help they need.

?There is still some hesitation to getting treatment for mental health disorders,? says the spokesperson for Athena. ?Whether it is due to a lack of affordability or because they consider it to be a taboo topic not to be discussed or considered, a significant proportion of the population misses out on treatments that have the potential to be life-changing. At Athena, we recognize the factors holding people back from seeking mental health treatment. With a deep understanding of the local Bronx community, we have the expertise and

resources to ensure that our clients overcome their obstacles to grow and succeed. We help adults, families, teenagers, and children take the first steps towards clarity and peace of mind.?

Athena?s adult mental health services include cognitive therapy, interpersonal therapy, trauma therapy, supportive therapy, psychodynamic therapy, and group therapy. Clients can turn to Athena for the treatment of a wide range of conditions including sleep problems, stress, relationship problems, anxiety, depression, PTSD, bipolar disorder, ADHD, psychosis, OCD, co-occurring disorders, and substance abuse.

The clinic strives to provide the best mental health care to all its patients regardless of their ability to pay. It also fosters a welcoming, judgment-free environment that helps its clients relax and feel free to openly share the burdens that are weighing them down. Moreover, since many of its healthcare providers are from the Bronx itself, clients get the advice and support they need from providers who understand their struggles and are passionate about making a difference.

Apart from counseling and therapy, the clinic also helps community members find whatever they need for a swift recovery to get back on their feet. This includes food and shelter or any other kind of support to improve their quality of life. A full list of resources, including crisis and emergency services, youth services, substance use, homeless shelters, food pantries, and family resources is available to be browsed through on its website.

The Bronx mental health provider has received several positive testimonials from its clients over the years who thank it for coming to their aid in their time of need. On its Google Business Profile, clients praise Athena for its compassionate therapists and doctors, the range of treatments offered, and the customer service provided by its helpful and responsive staff.

One client writes, ?I contacted the office for an appointment, and to my surprise, I was able to get an intake appointment in 20 minutes!!! I have had such a difficult time finding a therapist office that had availability with no waitlist. I was placed with Dr. Ebersole, and he was absolutely great!!! He was so compassionate and understanding. Afterward, the Front Desk team reached out and gave me so much availability for therapy and even scheduled starting the following week!! Completely amazing.?

Another client says, ?When I first reached out to this office, I was lost and honestly might just have been my last resort. From the time I made the appointment; I already had felt as if I had a session. Everyone was so helpful and actually gave me the feeling they cared about me and my situation. I was given an intake appt the same day and was set with my therapist the next day. I am in such a different place now in life and I am just so glad I made the right call thank you, Athena!?

Readers can contact the AthenaPsych therapist team at (718) 520 8000 to get the support they need for their emotional health.

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For more information about AthenaPsych, contact the company here:AthenaPsych(718) 520-8000info@athenapsych.comAthenaPsych2825 Third Ave Suite 402Bronx, NY 10455

AthenaPsych

Athena is a community mental health clinic in the Bronx, New York. We provide the best possible mental health care to all who come through our door adults, children, and teenagers regardless of their ability to pay.

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