



## **Mental Health Deserves a Moment: Corona's Leading Center Honors National Mental Health Month with Purpose and Compassion**

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Corona, California ? In recognition of Mental Health Month this May, Moment of Clarity is proud to support and echo the national movement led by the National Alliance on Mental Illness (NAMI) to raise awareness, promote access to care, and encourage people to prioritize their mental well-being. Located in the heart of Corona and serving nearby communities including Norco and Home Gardens, Moment of Clarity is one of the region's most trusted outpatient mental health centers, offering tailored care for anxiety, depression, mood disorders, trauma, and more. This May, the clinic encourages people across the Inland Empire to take action, learn more about mental health challenges, and seek effective treatment that leads to lasting results.

Mental Health Month reminds communities that mental wellness is just as essential as physical health. The national campaign emphasizes education, awareness, and empowerment, encouraging people to recognize signs of emotional distress, understand that help is available, and break free from stigma that often prevents early intervention. This mission is a year-round commitment at the Moment of Clarity, Corona. By combining evidence-based treatment with personalized care plans, the team provides critical support to people ready to take the next step in their mental health journey.

Located in central Corona and easily accessible to residents from La Sierra Acres, Arcilla, Norco to Home Gardens, Moment of Clarity offers outpatient mental health treatment to help people maintain their daily routines while receiving the focused support they need. Whether someone is navigating anxiety, depression, trauma, or mood instability, the clinic provides a structured yet flexible environment where recovery and growth are possible. The center offers an array of mental health services rooted in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness-based practices, with customized care plans to meet each patient's unique needs.

Mental Health Month is more than just an observance—it's an opportunity to take tangible steps toward change. It's a chance for families to talk openly about mental wellness, for workplaces to promote self-care, and for people to realize they are not alone. At the Moment of Clarity, this philosophy is integrated into every aspect of patient care. Through one-on-one therapy, group counseling, and holistic support, patients are given tools to understand their emotions, develop healthier coping strategies, and build resilience in their everyday lives.

A key area of focus for the clinic is anxiety disorder treatments. Many people in Corona and surrounding areas silently struggle with racing thoughts, panic attacks, or constant worry that disrupts their ability to work, socialize, or feel peace of mind. Through therapies like CBT, patients at Moment of Clarity learn to challenge irrational fears and regain control over their thought patterns. Similarly, the clinic's depression treatment services are aimed at addressing feelings of hopelessness and fatigue while building new behavioral patterns that reinforce motivation and purpose.

The outpatient model of care at Moment of Clarity is particularly beneficial for people seeking a strong support system while continuing their roles as professionals, parents, students, and community members. This model's flexibility allows patients to engage in therapy sessions multiple times a week without leaving their home environment, creating a continuum of care that is both supportive and sustainable. In a city like Corona, where many people are balancing busy lives, this format ensures that help is always within reach.

As part of its ongoing commitment to community wellness, Moment of Clarity encourages anyone experiencing symptoms of emotional distress—such as anxiety, sadness, irritability, difficulty concentrating, or a loss of interest in daily life—to reach out for help. The clinic's licensed therapists and care coordinators provide a welcoming and judgment-free environment where treatment begins with listening and is guided by compassion. Each care plan is built collaboratively, giving patients a voice in how they heal and grow.

Throughout Mental Health Month, Moment of Clarity is honoring the national campaign and leading by

example. The clinic's efforts to promote education, reduce stigma, and deliver life-changing mental health treatment reflect the values at the heart of this month-long observance. People in Corona no longer need to suffer in silence or wait until things get worse. Support, clarity, and relief are available now.

Visit Moment of Clarity in Corona's website to learn more about the available mental health services or schedule a confidential consultation.

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For more information about Moment of Clarity Corona, contact the company here: Moment of Clarity Corona Marie Mello (949) 749-4671 marie@momentofclarity.com 2250 S Main St, Corona, CA 92882

### **Moment of Clarity Corona**

*Corona, CA's preferred mental health treatment facility. Whether you are struggling with anxiety, depression, dual diagnosis disorder, eating disorders, or general unrest, call Moment of Clarity*

Website: <https://momentofclarity.com/california/long-beach/outpatient-mental-health-treatment/>

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