



A Resolution Recommendation

“... gratitude is having a place of employment where you feel supported, appreciated, and even in some ways coaxed to learn and have new job responsibilities ...”



By Hannah White

Have you made it your new year's resolution to do something to improve your health? Follow a diet, embrace a lifestyle change, start a new fitness and exercise journey? Did you remember to include your mental health in that resolution?

Here at LifeBack, we value our mental health just as much as our physical health! We believe in a well-rounded, whole approach to health, encompassing both physical and mental. Now are you thinking about prioritizing your mental health as well? Let me tell you where to start!

If you are new to the world of mental health, there is no need to worry! Getting started at LifeBack setting up sessions with a therapist or counselor is a very simple process:

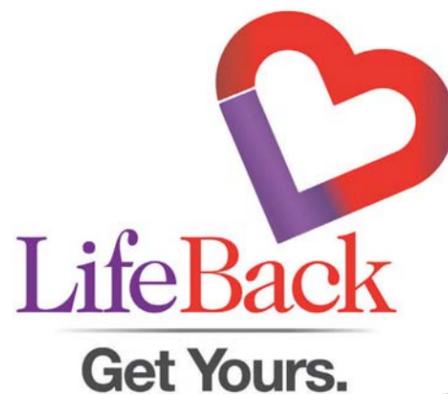
1. Call our intake line at (609) 482-3701 and select prompt 2 for intake.
2. Once on the phone with one of our intake specialists, you will begin by providing a bit of information about yourself (your name, date of birth, what type of services you are looking for, which of our locations you prefer, etc.). We will also collect some insurance details from you at the time.
3. Once we have verified your insurance policy and determined a consult fee for you, we will reach back out to continue the process.
4. The next steps include creating a comprehensive new client information sheet with demographic information, contact information, and more.
5. We will then complete a brief, 10-minute pre-screening over the phone with you. During the pre-screening, we will ask the appropriate questions to get a basic understanding of some of your primary concerns and make sure that we are the best practice to support your needs. If it is determined that we are not the best practice for you, we will provide you with ample resources and contact information for those who are!
6. Once that all is complete, we will email you a handful of electronic forms to sign, with step-by-step instructions on how to do so.
7. Finally, once the forms are signed and submitted back to us, we will give you a call to schedule your first appointment!

Although the process may look intimidating or lengthy, it truly is not. Our intake specialists are here to support you along the way. We are available by phone 5 days of the week. So, what do you think? Are you ready to take the first step towards your complete wellness journey?

Hannah White

Hannah White is a master's level graduate intern pursuing licensure from Rider University's Masters in Clinical Mental Health Counseling program. She received her Bachelor's degrees in both Psychology and Human Development from Binghamton University in upstate New York, where she also studied Health & Wellness. Hannah was previously a group fitness instructor, certified in yoga, barre, and meditation coaching. She is passionate about working with others of all ages to support them on their own wellness journeys.

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**Working to
Restore
Wellness
in the Lives
of Others**

**We're here to help you take the
first step to getting your LifeBack!**

Mental Health and Psychiatric Treatment
for Children, Adolescents, and Adults

Call us Today!

Pennsylvania

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