

# Lindner Center of HOPE

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## Professional Associates

### Mental Health in College

*There is HOPE.*

College is an exciting time, but also a time of independence and responsibility. While college can be emotionally challenging, everyone deserves to fully experience the joy and the growth that can occur during college. Lindner Center of HOPE Professional Associates (LCOHPA) can help support success in college.

**Specialized offerings relevant for college-aged individuals can include individual therapy, group therapy, and/or medication management for:**

- Depression
- Anxiety
- Trauma
- Eating issues
- Relationship concerns
- Grief and loss
- Family stress
- Adjustment to college/young adulthood
- Substance use



Additionally, LCOHPA offers:

- Services for neurodivergent adults struggling with ADHD or Autism Spectrum issues
- Services for those in the LGBTQ+ community

LCOHPA is private practice that offers expert psychiatric, neuropsychological and psychotherapeutic care. LCOHPA has the ability to conduct in-person, telehealth (video)\* and telephone appointments for outpatient mental health treatment.

\*Typically for telehealth/telephone visits, the patient must be in Ohio at the time of their appointment due to licensing restrictions. However, most of our psychologists are licensed under PSYPACT and can see patients attending sessions from other states.

**Call 513-536-0570**

**Lindner Center of HOPE also offers a robust list of group therapy and support services. Groups include:**

- Body Image
- Dialectical Behavioral Therapy (DBT)
- Ehlers – Danlos Syndromes Psychotherapy
- Grief Support
- A Christian-Integrated Cognitive Behavioral Group for Depression
- Intuitive Eating
- Psychotherapy
- Radically Open Dialectical Behavior Therapy
- Self-Compassion
- Young Adult Women: Transition to Independence Psychotherapy

Visit: <https://lindnercenterofhope.org/outpatient-care/> to learn more. Scroll to the bottom of the page for information on each group.

**Call 513-536-0570 with questions.**

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