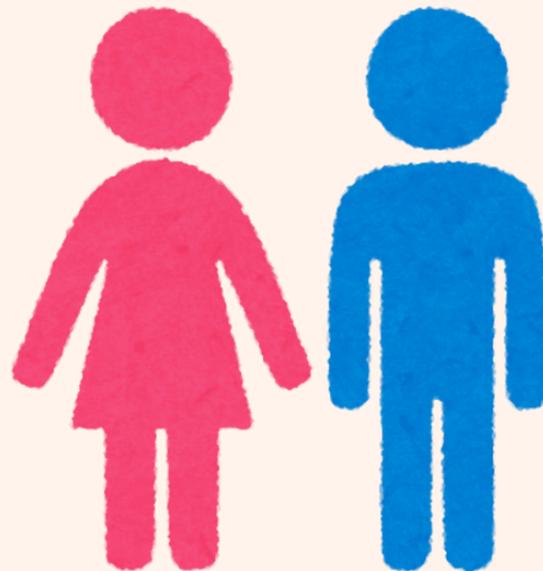


LET'S EXPLORE

# The Benefits of Therapy for Women & Men

After a cancer diagnosis or traumatic life experience



Linkage Wellness Institute



# HAVE MORE MENTAL CLARITY

Talking to someone can have even the most mundane of benefits, getting rid of a burden, worry or stress.

Feeling heard and understood is essential to dispel thoughts.



THE BENEFITS OF THERAPY

# SAYING YOUR FEARS OUT LOUD MAKES THEM LESS SCARY

Talking to a professional gives you practical advice and reassurance but keeping everything inside is often counterproductive.

Most fears, or triggers once acknowledged aloud, will become less scary.



THE BENEFITS OF THERAPY

# HAVE A PLACE WHERE YOU FEEL SAFE

If the connection with your therapist is good,  
just going to the appointment will be of  
enormous comfort.

Therapy is a place to feel safe, protected and  
most of all, heard.



THE BENEFITS OF THERAPY

# ORDER IN THE CHAOS AND GET TO KNOW YOURSELF MORE DEEPLY

Therapy starts at one point and ends at another.

The path is not linear and allows you to know yourself more deeply, having more awareness of yourself, your experiences and your emotions.



THE BENEFITS OF THERAPY

REMEMBER:

MENTAL HEALTH IS IMPORTANT.



TAKE THAT STEP, TALK TO A PROFESSIONAL

THE BENEFITS OF THERAPY

# LINKAGE IS HERE TO HELP

If you have questions about what therapy is like??

If you need a extra boost of motivation to start your healing journey! Or you just need someone to talk too.

If you need support navigating through insurance coverage.

YOUR WELLNESS IS KEY

THE BENEFITS OF THERAPY

# CONTACT US

EMAIL:

[SUPPORT@LINKAGEWELLNESSINSTITUTE.COM](mailto:SUPPORT@LINKAGEWELLNESSINSTITUTE.COM)

CLIENT SUPPORT/TEXT COMMUNICATION

301-414-8403

WEBSITE:

[WWW.LINKAGEWELLNESSINSTITUTE.COM](http://WWW.LINKAGEWELLNESSINSTITUTE.COM)

SOCIAL MEDIA:

[@LINKAGELOVE](#)

THE BENEFITS OF THERAPY

LINKAGE WELLNESS INSTITUTE



WE ARE HERE EVERY STEP OF THE WAY