



When you feel
lost in life's
storms...

start **here**

WellSpring Clinical Associates offers private counseling for adults dealing with depression, anxiety, grief, life transitions and adjustment issues. We help you find a path back to health and well-being. Count on us to be confidential, supportive and solution-oriented.

We'll help you overcome obstacles with insight.
Then, we'll chart a path towards healing and
transformation together.

Our private counseling practice offers a comfortable
setting and convenient access to appointments.

Treatment Areas

- Depression and anxiety
- Relationship issues
- Grief and loss
- Post-traumatic stress disorder
- Stress management
- Adjustment disorders
- ADHD
- Eating disorders
- Spirituality
- Family problems or changes
- Couples counseling
- Marital communication

Our Services:

- **Comprehensive Assessments** are the first step in identifying your goals and the path to healing.
- **Individual Counseling** provides the opportunity for clients to address any life challenges and learn effective coping strategies to improve their quality of life.
- **Group Counseling** provides the opportunity to connect with others experiencing similar life challenges.
- **Psychiatric Services** are provided by a board-certified psychiatrist. Evaluation and ongoing monitoring for the prescription of medications is available when needed.



Access to Care:

Huntsville 256.705.6444 • Cullman 256.255.1020

WellSpring Huntsville
1900 Golf Road, Ste. D
Huntsville, AL 35802
256.705.6491

WellSpring Cullman
410 First Avenue SE, Ste. 202
Cullman, AL 35055
256.734.4688

www.wellstone.com

WellStone accepts most commercial insurance and
private pay for services.