

Mind Balance Mental Health and Wellness Now Offering Tele-Health & In-Office Visits for Comprehensive Mental Health Care

Mind Balance is now accepting new patients with tele-health and in-office options for personalized mental health care and treatment in Charlotte, NC.

CHARLOTTE, NC, UNITED STATES,
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-- Mind Balance Mental Health and
Wellness, PLLC, a premier mental
health provider in Charlotte, NC, is
excited to announce an expansion of
services, now accepting new patients
for [tele-health](#) and in-office

appointments. Specializing in customized care for individuals facing anxiety, depression, ADHD, bipolar disorder, and more, Mind Balance offers a comprehensive range of treatments tailored to meet the unique needs of each patient.



Mind Balance MH Logo

A Comprehensive Approach to [Mental Health Care](#):

At Mind Balance, our mission is to provide compassionate and personalized mental health care, blending evidence-based treatments with a holistic focus on the mind, body, and spirit.

From treating anxiety and depression to offering specialized care for conditions such as OCD, PTSD, and ADHD, our goal is to ensure every patient receives the support they need to regain emotional balance.

"Our team understands that no two mental health journeys are alike," said Michiko Dowdy, Office Manager at Mind Balance. "We take pride in offering tailored treatment plans that help individuals face their challenges and achieve a healthier, more balanced life."

Tele-Health Services: Expanding Access to Care:

As part of our expanded services, Mind Balance now offers tele-health options, allowing patients

to access mental health care from the comfort and convenience of their own homes. This option provides the flexibility needed for those with busy schedules, mobility challenges, or who prefer the privacy of virtual appointments. In addition to tele-psychiatry, Mind Balance continues to provide in-person services at our state-of-the-art office in Charlotte, creating a warm and welcoming environment for healing.

"We've seen tremendous success with our tele-health services," said Dowdy. "For many patients, it removes barriers to care, and we're proud to offer this convenient solution while maintaining the same high-quality, individualized care we're known for."

What Makes Mind Balance Different?

- Personalized Treatment Plans: Every patient receives a customized plan tailored to their specific needs, ensuring optimal results.
- Expert Team of Providers: Our team of highly qualified professionals specializes in treating mental health conditions for children, adolescents, adults, and seniors.
- Tele-Health & In-Office Appointments: Flexible scheduling options make it easy for patients to access care when and where it works best for them.
- Wide Range of Services: Mind Balance offers treatments for anxiety, depression, bipolar disorder, ADHD, PTSD, OCD, and more, ensuring comprehensive care for a variety of mental health conditions.

Immediate Appointments Available:

Mind Balance prides itself on offering immediate appointments for new patients. With tele-health services now available, patients no longer have to wait to receive the care they need. Whether you prefer an in-office visit or a virtual consultation, our team is ready to help you take the next step toward better mental health.

"The clinicians at Mind Balance Mental Health and Wellness (Melanie and Kimberly) are excellent. They provide clinically sound services. They care about their patients and provide personalized and quality services. I highly recommend their services to others." Said client MD.

Contact Us Today:

To learn more about our services or to schedule a consultation, visit www.mindbalancemh.com, call 704-266-0232, or email info@mindbalancemh.com. Take the first step toward a balanced mind and a healthier future.

About Mind Balance Mental Health and Wellness:

Mind Balance Mental Health and Wellness, PLLC, is a Charlotte-based mental health provider offering comprehensive care for children, adolescents, adults, and seniors. Specializing in conditions such as ADHD, anxiety, depression, PTSD, bipolar disorder, and OCD, Mind Balance offers both tele-health and in-office appointments to provide flexible, personalized care. Our team is dedicated to helping individuals achieve emotional well-being and balance in their lives. Read more of our reviews on our [Google Business Profile page!](#)

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