

Rize Counseling Highlights 2026 Mental Health Priorities While Expanding Orange County Counseling Team

The Orange County counseling practice continues expanding in 2026 to support individuals, teens, couples and families.

FOUNTAIN VALLEY, CA, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- [Rize Counseling](#), an Orange County-based group therapy practice serving individuals, teens, couples and families, is continuing its 2026 growth with the addition of new, highly trained and experienced counselors. As demand for mental health support remains strong across Southern California, the practice is also encouraging the community to seek meaningful care for ongoing challenges including ADHD, anxiety, depression, trauma and perinatal mental health.

Based in Fountain Valley and serving clients through in-person and virtual therapy, Rize Counseling was founded by [Laurie Wilson, LMFT](#), whose path into the field was shaped in part by her own experience with undiagnosed ADHD, anxiety, depression and postpartum mental health challenges. Wilson launched the practice with the belief that people need safe, compassionate spaces where their stories can be heard, understood and supported without judgment. Since



Rize Counseling team - ALM Photography



Laurie Wilson, LMFT - ALM Photography

founding Rize, she has also been featured in the media discussing her own journey, mental health stigma and counseling trends relevant to Californians and families nationwide.

Top Mental Health Topics Southern Californians Are Seeking Support For In 2026:

Anxiety

Depression

ADHD

Trauma

PTSD

EMDR

Couples Counseling

Perinatal Mental Health

Teen Counseling

Rize Counseling's message for 2026 is simple: mental health care should not be treated as a last resort. For many people, ADHD, anxiety and depression can affect daily routines, relationships, school, work, parenting and self-worth long before someone asks for help. The practice is encouraging the community to recognize those challenges earlier and view therapy as a practical and supportive step toward emotional balance, resilience and lasting growth.

"Mental health education is one of the most effective ways to reduce stigma. However, in today's information-filled culture, we must have to be intentional about where we seek support or guidance. At Rize Individual and Family Counseling we operate like a family system; we support one another and have authentic human connections with each other and with our clients. That connection remains irreplaceable." - Laurie Wilson, LMFT

"Our team also includes knowledgeable, next-generation therapists who bring a fresh perspective to working with youth. Research consistently shows that a strong therapeutic relationship is one of the most important factors in successful mental health treatment. Combined with evidence-based clinical expertise, our counseling staff creates a supportive environment where young people can confidently feel understood with the new challenges they are facing today"- Katherine Roberson, AMFT

Since being founded in 2020, Rize Counseling's growth continues to be shaped by the real-life issues Southern California families are bringing into therapy, from teens navigating emotional and social pressure to new mothers facing postpartum and perinatal challenges. As the practice expands, Wilson is also focused on pushing back against mental health misinformation and



Trina Bautista, LMFT - ALM
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quick self-diagnosis trends online, encouraging clients to seek research-informed care that looks at the full person, not just a label.

Laurie Wilson and members of the Rize Counseling team are available for interviews and expert commentary on ADHD, anxiety, depression, perinatal mental health, teen mental health, couples counseling, therapy stigma and the changing ways individuals and families are seeking support in 2026.

About Rize Counseling

Rize Counseling is a group counseling practice based in Fountain Valley, California, serving Orange County and the surrounding Southern California region through in-person and virtual therapy sessions. The practice provides compassionate, client-centered mental health support for individuals, teens, couples and families, with services including anxiety therapy, depression therapy, trauma therapy, PTSD counseling, ADD/ADHD counseling, perinatal mental health support, couples therapy, premarital counseling, counseling for women, counseling for new mothers and teletherapy.

Learn more at www.rizecounseling.com or call (657) 360-4329 to schedule an appointment.

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