



SEEKING WELLNESS FOR ADULTS, FAMILIES & CHILDREN

I am seeking help with ...




INDIVIDUAL

One-on-one counseling with a trained, compassionate professional that focuses on individual growth and change.



COUPLES AND FAMILY

Group counseling for couples or families, focusing on interpersonal harmony and healthy group dynamics.



CHILD AND ADOLESCENT

Counseling designed for children ages 4-18 with a professional trained in developmentally appropriate therapeutic techniques.

We can provide help

It takes tremendous strength, courage, and self-respect to ask for help – but it is an indication that you want a solution to your current situation.

We understand how difficult taking that first step toward asking for help can be. We also know that only you can do it – for yourself, for your family, or for someone you know that needs help.

The Therapeutic Relationship

At REACH, we are committed to providing exceptional, empathic, and evidence-based therapy and psychiatric services. Our team of counselors and psychiatrists will listen to your needs and develop a plan to address your individual concerns.

As you begin this therapeutic journey, it is helpful to remember that healing and self-discovery take time. All of your life experiences, feelings, and perspectives developed over years and even decades takes time to process. The healing process and realizing how you are influenced in the present by those past experiences also takes time.

During your first session, your therapist will work with you to develop a counseling plan that addresses your individual needs and your long-term goals. Our objectives are for you to understand the root cause of your feelings, develop skills to contain your feelings, and ultimately feel better.

Most of the therapists at REACH are trained in cognitive behavioral therapy (CBT). CBT is a type of mental health therapy that helps clients identify the cause of their feelings, thoughts and actions. When you understand some of the underlying causes for your thoughts and feelings, you can learn to manage them with the help of your therapist.

Empathy


The foundation of a successful therapeutic relationship is empathy. You must feel and know that your therapist is hearing you and compassionately understanding your needs. Your therapist's role is to come along side you during your journey of healing and provide unconditional empathy and clinical insight. At REACH, we work hard to ensure you are matched with a therapist you can connect with and develop that special relationship.


Types of Therapy Available

REACH therapists are currently available for in-person sessions and teletherapy sessions. REACH therapists can provide individual counseling for adults and children. Family counseling and/or couples counseling are also provided.

If you are interested in beginning this journey of healing, we encourage you to contact us. You will be connected with our licensed intake specialist, who will listen to your needs and pair you with one of our counselors. Taking that first step is always the hardest, but every journey of a 1000 miles always begins with one first step.

Where can we REACH you?

What's your name? 

What's your email address? 

What's your phone number?

SUBMIT

SITE MAP:

- > HOME
- > ABOUT
- > LOCATIONS
- > CLINICAL TEAM

LEARN MORE:


REACH is committed to providing guidance and support to families and children through individual treatment and therapeutic relationships. We offer a full spectrum of mental health services to meet your specific needs.



CONTACT US:

Do you need a hand?
Please contact us at:
REACH – Central Office
5445 Smith Road
Brook Park, Ohio 44142
E-mail: questions@reachbh.org
Telephone: (216) 350-8229
Fax: (216) 274-9825

QUESTIONS?

What's your name? 

What's your email?

What's your phone number?

What's your question?

SUBMIT