

MENTAL HEALTH CARE FOR DEVELOPING TEENS

You've tried everything—talking, lecturing, disciplining, seeking advice—but things keep getting worse. Your teen now complains of headaches, stomach aches, and dark circles. You wonder what is going on and how you can help.

Seeing your teen in pain is tough, and we admire your dedication to helping them.

Together, we can help to restore your teen's well-being, tailoring their care to their unique needs.



PERSONALIZED MENTAL HEALTH CARE FOR TEENS

Feeling lost? Overwhelmed?
You're not alone. We understand the unique challenges teens face and we're here to walk this journey with you.

 Let's Talk

703-870-0738

 www.godaellimentalhealth.com

 care@godaellimentalhealth.com



Scan to Schedule Online



Call us at 703-870-0738

DEALING WITH TEEN STRUGGLES? LET GODAELLI LIGHT THE PATH.



At Godaeli Psychiatry and Mental Health Center, we recognize the complexities of adolescence. Being a teen in today's world is more complicated than ever.

We're here to offer professional psychiatric support and guidance on your journey.

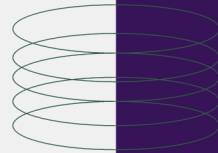
Godaeli Psychiatry & Mental Health Center

IT'S OKAY NOT TO BE OKAY

Sometimes, the pressure of growing up feels like too much. School stress, personal issues, or just the daily grind can seem overwhelming. Remember, it's okay to ask for help.

We see you.

Our goal is support you in having a healthy relationship with yourself and the people you care about.



YOUR DIAGNOSIS DOES NOT DEFINE YOU

We specialize in treating a range of conditions that can affect teens, including:

- Depression
- Social Anxiety
- Trauma/PTSD
- Low Self-Esteem
- Bipolar Disorder
- Mood Dysregulation
- Borderline Personality
- ADHD
- Anxiety
- Autism
- OCD
- Anger
- PMDD
- Schizophrenia

Feeling bad does not have to be your norm. You deserve to live life and not just go through the motions. Stability is within reach with the right help.

At Godaelli, it's about finding your voice, understanding your emotions, and developing healthy strategies for life. It's not about changing who you are, but about nurturing who you are and who you can become.

Call us at 703-870-0738



OUR CARE APPROACH



SELF-SEEKING & HOLISTIC CARE

At Godaelli, we focus on healing the whole person using evidence-based practices that improve your well-being.



HEALTHY COPING STRATEGIES

Together, we'll build skills that help you confidently navigate life's challenges and stress.



A DEEPER UNDERSTANDING

With a deeper understanding of your emotions, you can live a healthier and happier life.