

Counselling For Stress Problems

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Social distancing, masking, and government-imposed shutdowns have been proved to help curb the spread of the coronavirus, but pandemic-related measures have come with their own costs.

Mental health experts working to help patients overcome stress related to COVID

The gene therapy Bankiewicz and his colleagues were testing uses a harmless virus as a vector to introduce an intact version of the gene responsible for making the AADC enzyme. Seven children ...

The Quest to Overcome Gene Therapy ' s Failures

Free mental health counseling is now available for eligible low- to moderate-income residents in Lake Charles through a partnership with the city and Lake Charles Memorial Health System. Mayor Nic ...

Partnership allows for free mental health counseling

While students are away at college and more than halfway through the fall semester, parents can still play an integral role in supporting their students ' mental health.

Dr. Kent Ingle: Coping with college stress – 5 ways to help your student thrive

If you are here on this blog, you are likely a big fan of all things creative, and hopefully you have seen the many benefits of crafting and creativity in your own life. I have often wondered about ...

How Can Art Therapy Have a Positive Impact on a Hospital Stay?

Eventually, I started talking to my best friends back home about my mental health too. They were pretty shocked when I opened up to them, despite having known them for years. I was met with nervous ...

Friends, therapy, and finding mental health support on campus

Magic mushrooms and LSD get all the headlines as mental health miracle cures, but ketamine is currently the only legal psychedelic on the market—and posh clinics offering the drug have bloomed across ...

Why Ketamine-Assisted Therapy Has Gone Mainstream

Feelings of apathy, fatigue, irritability and even anger — not just worry — can signal anxiety issues, says Kristina Hallett, a clinical psychologist.

6 surprising signs you may have anxiety

That was the thinking behind Spark Care+, a music therapy treatment that is designed to be personalized for each user. It is the invention of Sarah Park, a 14-year-old middle-schooler from ...

Florida middle-schooler wins 3M Young Scientist Challenge with music therapy invention

A new program for caregivers of children with behavioral challenges may be more effective than an established parent intervention. The program, developed at the UC Davis CAARE Diagnostic and Treatment ...

Shorter therapy for caregivers of children with behavioral challenges is effective

Changes in environment, illness, and past history can all contribute to your cat's anxiousness. Fortunately, there are steps you can take to minimize its impact.

Cat Anxiety is Real. Here's What the Experts Say You Can Do to Help Your Kitty Cope

Isabelle Buard, an assistant research professor in the Department of Neurology in the University of Colorado School of Medicine, recently published the protocols for her study evaluating the effects ...

A rhythmic approach to music therapy for Parkinson ' s patients

SMYAL is offering free mental health counseling to its LGBTQ youth at its Eastern Market offices, courtesy of a generous donation and grants.

SMYAL to provide free mental health counseling to LGBTQ youth through new program

If you're looking for Spanish therapy in Coes Creek or for a Coes Creek Spanish Counsellor these professionals provide therapy, psychotherapy and counselling that's sensitive to Hispanic cultural ...

Spanish Counselling near Coes Creek, QLD

In this country, one veteran dies by suicide every 65 minutes. And on the Treasure Coast in Florida, a man is working to let those at risk know they are not alone and help is out there.

Florida veteran offers fishing as therapy for service members

Infrared light therapy might have the potential to help people living with dementia, according to researchers.

Infrared light therapy might aid dementia patients

Infrared light therapy might have the potential to help people living with dementia, according to researchers.

Infrared light therapy may potentially benefit people with dementia

Western therapists find it difficult to comprehend the deeply ingrained cultural nuances of South Asian communities.

Culturally diverse therapy for South Asians

As COVID-19 infections in the country start to wane, government must take this opportunity in prioritizing mental health issues that have confronted Filipinos as a result of the pandemic. San Jose ...

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