

STRUGGLING WITH MENTAL HEALTH?

Meridian Counseling is offering discounted therapy sessions to college students in need.



Is it hard to find a **healthy balance** between school work, social life, and self care?



Are you experiencing **toxic relationship** patterns, and your friends just don't know how to help you?



Does your **anxiety or depression** get in the way of enjoying or succeeding in your college career?



Hi I'm Saba, an Associate Marriage and Family Therapist. As an alumna of UCLA, I know all too well the pressures and challenges that can arise during college, and I want to help you overcome them.



Meridian Counseling
meridian-counseling.com



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To set up a free 15 minute consultation, kindly email me at therapywithsaba@gmail.com. You can also call me at 818-275-4633.