



How can MHCRS help you?

MHCRS provides therapy for individuals, couples, families & groups. We specialize in a wide array of presenting concerns, including (but not limited to) the issues listed below.

- Perinatal Mood Disorders
- Stress Management
- Relationship Problems
- Anxiety Disorders
- Depression/Bipolar Disorder
- Eating Disorders/Body Image Distortions
- Alcohol & Drug Problems
- Addiction & Compulsive Behaviors
- Trauma/Abuse
- Grief & Loss
- Career Development
- Self-Esteem Concerns
- Anger Management
- Impulse Control Problems
- Family-of-Origin Issues
- Life Transitions
- Personal Growth



Enjonaë Anderson,
MA, LPC, LCASA



Mended Hearts Counseling & Recovery Solutions

Location:

We are conveniently located in the Piedmont Triad and easily accessible to Greensboro, High Point, Winston Salem and surrounding areas.

Contact us for more information or to schedule services.

www.mhcrs.com

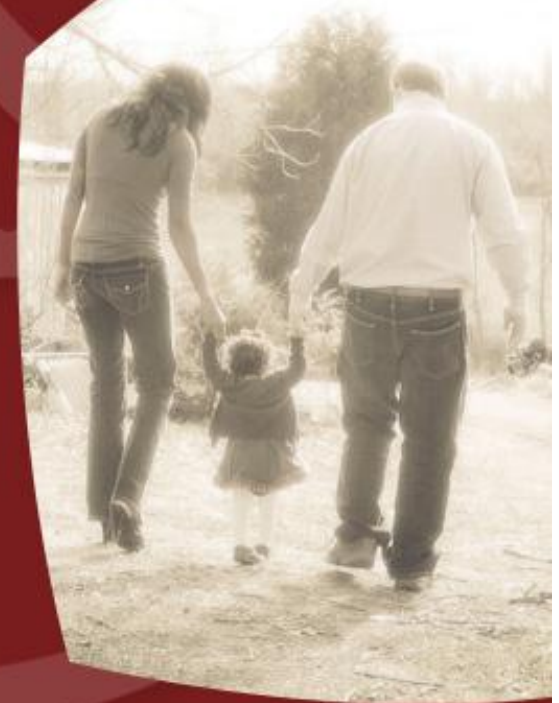
Mailing Address:

PO Box 16181
High Point, NC 27261
Phone: 336.609.7383



Mended Hearts Counseling & Recovery Solutions

Reviving Hope Releasing Hurt





A Personalized Approach

Seeking help is a brave and often difficult step towards better overall health. Although you cannot change the past, you can make positive changes today to make your future more hopeful. Counseling is a powerful tool that can help you navigate through the difficult times of life. Together we work to allow you to revive hope and release hurt.

Change is possible!

Take a positive step toward achieving optimal mental health. Call MHCRS today for more information or to schedule an appointment.

About Your Counselor

Enjonae Anderson is a Licensed Professional Counselor (LPC) as well as a Licensed Clinical Addiction Specialist (LCASA) in North Carolina. Enjonae specializes in working with women with perinatal mood disorders. She also treats adults, families, and couples, as well as individuals recovering from various types of substance abuse disorders and addictions. She has professional training and experience in group therapy and enjoys facilitating counseling and psycho-educational groups on a variety of topics. Enjonae is a believer in the concept of taking a holistic approach to health and acknowledging the importance of addressing mental and physical, as well as spiritual health.

Workshops and Seminars

Mended Hearts Counseling can provide workshops and/or seminars on a wide range of topics not limited to: perinatal mood disorders, anger management, stress management, parenting, caregiver fatigue, post-partum stress, and self-esteem. These services are a good option for businesses such as doctor's offices, childcare centers, and schools. MHCRS also offers spiritually based services to churches and other religious organizations. Feel free to contact us if a topic of interest is not listed, we will do our best to accommodate your request.

Fees

Counseling services are provided at rates consistent with rates for professional counselors in the area. Cash, check, and major credit cards are accepted for payment. Payment is expected at time of service unless prior arrangements are made.

Self-pay for services

There are a number of benefits to paying for counseling without insurance. Most importantly, you will not get an unnecessary diagnosis, simply for the purpose of reimbursement. A lot of our clients do not require a diagnosis as they are dealing with life adjustment issues, situational crisis, or phase of life issues. Not billing to insurance allows our clients more control over the course of treatment.



Why should I see a therapist?

Everyone has their own reasons for choosing therapy. Some people seek therapy because they find themselves feeling stuck in life, or in relationships. Others are struggling with feelings of depression or anxiety. The blues, communication issues, significant life changes, unresolved childhood issues, grief & loss, spiritual conflicts, stress, relationship problems, all of these are reasons individuals choose to participate in therapy. You do not have to face your difficulties alone. Therapy can be a valuable resource in times of difficulty.

Insurance Coverage

MHCRS is an in network provider for BCBSNC as well as a limited number of Medicaid slots. We are out-of-network for all other insurance plans. If you choose to use your insurance, please check your coverage carefully by asking the following questions (especially for out of network).

- Do I have mental health insurance benefits?
- Do they include out-of-network providers?
- What is my deductible and has it been met?
- How many sessions per year does my health insurance cover
- Is approval required from my primary care physician?
- How much will my insurance reimburse me per session for an out-of-network provider?

