



Board Certified
COACH™

FOR BOOKINGS:

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JESSICA JENKINS

LPC, LADC/MH, BCC

I HELP THOSE FACING EMOTIONAL DISTRESS AND MENTAL HEALTH CHALLENGES BY PROVIDING PERSONALIZED AND HOLISTIC CARE



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About

Jessica Jenkins is a licensed therapist and board certified coach who has spent the first four years of her mental health career at a nonprofit community mental health agency and residential addiction rehabilitation. During her time at the nonprofit agency, she assisted with the launch of the first Mental Health Court program in her local county.

Jessica now focuses all her combined experience and expertise on helping address interpersonal dynamics affecting emotions and life experiences to improve overall quality of life, using a social lens.

SHE CAN DISCUSS:



Technology in today's mental health climate



The importance of mental health



How to have a balance between self-care and the demands of daily life



Resilience and how it plays a role in fostering mental health and well-being

JESSICA JENKINS, LPC, LADC/MH

LICENSED THERAPIST AND
BOARD CERTIFIED COACH



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Our relationships, sexual preferences, jobs, families, and self-perceptions are all affected by stress, anxiety, depression, addiction, and unresolved trauma. I believe that human connection is the fundamental building block of therapy. Your comfort and providing a safe space for healing is my priority.

MY APPROACH



MAKE THE RIGHT DECISION

Guidance and support from a professional that uses evidence-based practices that have been proven to work with needs as unique as yours



EFFECTIVE SELF- CONTROL

The skills you need to manage distressing emotions and thoughts to be able to feel comfortable and confident in any situation that life throws at you



POWERFUL LIFE CHANGES

Learn how to support your decision to have a healthier relationship with your mental health and how to manage the changes you make to lead a more fulfilling life



Learn more by going to:

WWW.MENTALHEALTHWELLNESSMHW.COM