

Home Page

I hear you!

Affordable mental health counseling services in Chicago for anyone who wants to reorder their life and rewrite their story. We are in this together!

[Book a Free Consultation With Me](#)

You deserve to live your best life and reach your highest potential. But it is hard to focus on the road ahead when grappling with mental health issues. Unfortunately, many are.

It is even more unfortunate that not many people feel courageous, hopeful, or inspired to seek help.

Substance abuse disorders are common in a society where there is so much pain and not many people to share it with.

Depression and anxiety are common in a society where jobs are hard to come by and living costs are high.

Relationships are rocky because everyone involved is carrying their own burden and cannot empathize with the person in front of them.

If this is your reality, then you have come to the right place. Your journey to healing begins here.

You need someone who will sit with you in the hard places — not to dig up pain for its own sake, but to help you gently make sense of what you have been carrying. Together, we will work through what no longer serves you, so you can make room for the clarity, peace, and sense of possibility that you deserve.

You need someone who will help you reconnect with what lights you up — the passions, relationships, and quiet joys that may have felt absent or out of reach for a while.

At the very least, you need someone who will listen to you and not judge you.

I am a licensed, nationally certified psychotherapist with 15 years of experience working with clients from all walks of life. I offer customized, evidence-based therapy where I guide you as you embark on your healing journey in a way that feels comfortable, safe, and empowering.

My services are affordable. I also offer sliding scale options, discounted rates, and shorter sessions because I want you to receive the help you seek when you need it the most.

Our sessions are a space where nothing is too heavy, too messy, or too complicated to bring. You set the pace. There is no pressure to share more than you are ready to — only a consistent, judgment-free presence that is entirely yours for that hour.

If you would like to get a feel for who I am before we meet, I warmly invite you to learn more about me. Taking that small step before booking is completely okay. In fact, it is a good one.

AI Check Result

The screenshot shows the Winston AI web application interface. The left sidebar contains navigation options: Documents (4), Projects, Images, Image analysis, Scan history, Websites, Website scan, HUMN-1 certification, Tools, API, Integrations, and More. The main area displays a document titled 'Untitled - 2026-04-21' with a document author of 'Anonymous'. The document text is highlighted in green, indicating it is 100% human. The 'AI detector' section shows a 'Human Score' of 100% (v4.15) and a message: 'Winston has detected the text as 100% human. The content closely matches human linguistic structures and nuances. We are highly confident it was written by a human. [How to interpret our results.](#)' The document text includes: 'You deserve to live your best life and reach your highest potential. But it is hard to focus on the road ahead when grappling with mental health issues. Unfortunately, many are. It is even more unfortunate that not many people feel courageous, hopeful, or inspired to seek help. Substance abuse disorders are common in a society where there is so much pain and not many people to share it with. Depression and anxiety are common in a society where jobs are hard to come by and living costs are high. Relationships are rocky because everyone involved is carrying their own burden'.

Plagiarism Check Result

The screenshot shows the Duplichecker.com web application interface. The top section displays the plagiarism check results: '0% Plagiarized High Risk Content' and '100% Unique Original Content'. The 'Plagiarism Checker' button is highlighted. The 'Source Breakdown' section shows '0 Sources Found'. The 'Document Preview' section shows the document text: 'You deserve to live your best life and reach your highest potential. But it is hard to focus on the road ahead when grappling with mental health issues. Unfortunately, many are. It is even more unfortunate that not many people feel courageous, hopeful, or inspired to seek help. Substance abuse disorders are common in a society where there is so much pain and not many people to share it with. Depression and anxiety are common in a society where jobs are hard to come by and living costs are high. Relationships are rocky because everyone involved is carrying their own burden'.