What service is right for my teen?

At the Murray Center, we believe that everyone deserves a mental health journey that's as unique as they are. There's no one-size-fits-all approach—and that's okay. Sometimes the right next step is clear, and other times it takes a little exploration. That's where we come in.

Start Here
What are you noticing in your teen?

The flowchart below is meant to offer some guidance based on common concerns. It's not a test or a checklist—it's a starting place. If something resonates with you, that's a good sign. And if it doesn't, we're still here to help you figure it out.

Persistent Anxiety, Mood Swings, or Withdrawal?
(frequent sadness, panic attacks, irritability, isolating from friends)

- **One-on-One Therapy**
  (CBT, DBT, or talk therapy for coping and self-awareness)
- **Psychological Testing**
  (to assess for anxiety, depression, or mood disorders)
- **Medication Evaluation**
  (if symptoms are moderate to severe)

Academic Struggles or Attention Issues?
(trouble with focus, organization, motivation, or school refusal)

- **Executive Function Coaching**
  (for practical tools and strategies)
- **Psychological Testing**
  (to assess for ADHD, learning differences, anxiety, etc.)
- **Therapy**
  (to address stress, self-esteem, or anxiety)
- **Medication Evaluation**
  (if ADHD or mood symptoms are diagnosed)

Risky Behavior or Sudden Changes?
(substance use, self-harm, angry outbursts, major sleep/appetite changes)

- **Therapy**
  (to explore underlying causes and build coping tools)
- **Psychological Testing**
- **Medication Evaluation**
  (if symptoms suggest mood instability or impulse control issues)

Identity Questions or Social Struggles?
(gender/sexuality exploration, trouble with friends, loneliness)

- **One-on-One Therapy**
  (affirming space for exploration and support)
- **Family Therapy or Parent Coaching**
  (to foster understanding at home)

You Feel Disconnected or Unsure How to Help?

- **Parent Coaching**
  (for communication, boundaries, and support at home)
- May suggest **Family Therapy** or **individual therapy** for your teen

You're Not Sure Where to Start?

- **Begin with an Intake**
  We'll assess your teen's needs and create a custom plan.

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