What service is right my child?

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 child?

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.

Emotional or Behavioral Struggles?
(frequent meltdowns, sadness, anger, anxiety, impulsivity, low self-esteem)

- **One-on-One Therapy** (to build coping tools, confidence, and emotional regulation)
- **Parent Coaching** (to support you at home)
- **Psychological Testing** (if symptoms are complex or not improving)

Trouble at School?
(struggles with focus, grades, following directions, or peer issues)

- **Psychological Testing** (to screen for ADHD, learning differences, anxiety, etc.)
- **One-on-One Therapy** (to support emotional/social needs)
- **Medication Evaluation** (if ADHD or mood symptoms are diagnosed)
- **Parent Coaching** (to help manage school-related stress)

Big Life Changes or Stress?
(divorce, grief, moves, bullying, new sibling, etc.)

- **One-on-One Therapy** (to help process change and build resilience)
- **Parent Coaching** (to support transitions at home)

Persistent Worries, Panic, or Avoidance?
(won't sleep alone, avoids school, constantly worries)

- **One-on-One Therapy** (especially CBT or exposure-based support)
- **Psychological Testing** (to understand severity)
- **Medication Evaluation** (for moderate to severe anxiety interfering with daily life)

You're Feeling Lost as a Parent?
(unsure how to respond to behavior, stuck in power struggles, overwhelmed)

- **Parent Coaching** (practical tools and emotional support for *you*)
- Your child may or may not need their own therapy, too

You're Unsure and Need Clarity?

- **Start with an Intake** We can meet with you (with or without your child) to talk things through and help create a plan.

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