What service is right for me?

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 experiencing?

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.

Ongoing Anxiety, Depression, or Emotional Distress?
(racing thoughts, sadness, irritability, panic, hopelessness, overwhelm)

- **One-on-One Therapy** (to explore patterns, build coping skills, and gain support)
- **Psychological Testing** (if symptoms are unclear or not improving)
- **Medication Evaluation** (when symptoms interfere with functioning)

Difficulty Managing Work, Focus, or Daily Life?
(struggles with attention, procrastination, motivation, burnout, time management)

- **Executive Function Coaching** (for practical tools and strategies)
- **Psychological Testing** (to assess for ADHD or other concerns)
- **Therapy** (for emotional components like shame or perfectionism)
- **Medication Evaluation** (if ADHD or mood symptoms are diagnosed)

Relationship or Communication Struggles?
(conflict with partner, family stress, boundary issues, feeling misunderstood)

- **Therapy** (individual or couples/family)
- **Parent or Partner Coaching** (if applicable, to strengthen relationships)

Life Transitions or Identity Questions?
(grief, career shifts, parenting stress, new diagnoses)

- **Therapy** (to process change, explore identity, and build confidence)
- **Coaching or Consultation** (for structured support through transitions)

You're Feeling Stuck or Just Not Yourself?
(you can't name it exactly—but something feels off)

- **Start with a Consultation** We'll help clarify what's going on and what support might help most.

Looking for Answers or a Diagnosis?

- **Psychological Testing** Ideal for exploring ADHD, learning differences, anxiety, mood disorders, and more.

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