



Balanced
MIND & BODY
— COUNSELING & WELLNESS —

Mindful
Care.
Lasting
Change.



📍 824 East Broad Street
Elyria, OH 44035

📞 Phone: 440-309-1084

**AREAS
OF FOCUS**



Anxiety and
Depression



Behavioral Issues



Stress
Management



Self-Esteem and
Confidence Building



Life Transitions and
Adjustments



Learning and
Development



Oppositional
Behaviors



Parent Support



Personal Growth
and Development



 Referral Form

for Balanced Mind and Body Counseling Services

Referral Date:

Patient Full Name:

Patient Birth Date:

Patient or Guardian Phone:

Patient or Guardian Email:

Insurance Type:

Reason for Referral (Please check all that apply and/or write a brief reason for the referral):

☐

Academic Difficulties
(e.g., lack of focus,
difficulty with assignments)

☐

Emotional Concerns
(e.g., sadness, anxiety, anger)

☐

Behavioral Issues
(e.g., disruptive behavior,
social difficulties)

☐

Family Concerns
(e.g., parental divorce, death,
family conflict)

☐

Peer/Social Difficulties
(e.g., bullying, trouble with
friendships)

☐

Grief/Loss

☐

Low Self-Esteem/
Self-Confidence

☐

Substance Use Concerns

☐

Other (Please Specify):

PERSON MAKING REFERRAL

We're here to support growth, healing, and every step forward. 



CONTACT EMAIL

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ACCEPTING AGES 5 AND OLDER
offering in-office or
virtual appointments



ALL MEDICAID AND MOST PRIVATE INSURANCES ACCEPTED

