

Thank you for voting us the Best of the Best Counseling Agency!

At Heartstrings Counseling we know the challenges that have impacted the lives of the people in our community. The outbreak of Covid-19 and the Northern California fires have had a detrimental effect on the mental health and well being of our local community, and without strong counseling resources during this critical time, the ramifications can be significant, impacting physical health, employment, family structures, and beyond. We acknowledge, more than ever now, the need for affordable mental health counseling.

Heartstrings Counseling provides counseling on a sliding fee scale that allows clients to pay based on their income levels and includes free services to low-income families and those most vulnerable. All of our therapists are trained to treat a wide range of serious clinical problems including: depression, marital problems, anxiety, individual psychological problems, and child-parent problems. Our services



provide clients with the tools to manage stress and anxiety, process trauma and traumatic events, navigate grief and loss, and develop the tools to leave abusive relationships. We serve individuals, couples, families, teens and children. Services are provided by a team of 16 highly trained and supervised counselors and they either have their Master's degree in psychology or are in their last year of their Master's program working towards the required 3,000 hours of training and experience to become licensed by the Board of Behavioral Sciences.



The mission of Heartstrings Counseling is to provide high quality, affordable counseling and educational services to Placer County residents, with an emphasis on those who cannot afford regular therapy. Established in 2013 in Loomis, Heartstrings Counseling encourages positive change and personal growth that will brace and sustain the hearts and lives of our clients, and allow them to lead healthy and fulfilled lives.

Heartstrings Counseling is led by CEO and founder Darla Lynn Gale. Darla graduated from Brandman University and has a Master's Degree in Psychology with an emphasis in Marriage and Family Therapy. Our organization is guided by a four-person board of directors who are passionate about improving access to mental health services in Placer County.



HEARTSTRINGS
COUNSELING

A NON-PROFIT AGENCY



Call us today at 916-676-7405
and get your first session FREE!
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