**FOR IMMEDIATE RELEASE**

**Mindful Healing Works Iterates Commitment to Providing Practical Solutions for Mental Health Challenges, Announces Plans to Level Up Clients’ Experiences**

*Mindful Healing Works recognizes the significant work that needs to be done in the mental health sector and has taken steps to enhance its services to better assist clients, helping them to achieve an optimal state of mind as quickly and effectively as possible*

Mental health has been a unique focus for the healthcare sector. There has been an increasing acknowledgment of the important role mental health plays in achieving global development goals which is illustrated by the inclusion of mental health in the Sustainable Development Goals. Despite the focus in recent years, statistics show that mental health continues to deteriorate across the globe. Depression and anxiety have been reported to be leading causes of disability by the World Health Organization with suicide considered the fourth leading cause of death among 15 to 29-year-olds.

There is a need for a more holistic approach to mental health, and this is what Mindful Healing Works is advocating. Led by Erin Meyer, Mindful Healing Works is taking concerted efforts to change the landscape and general outlook of mental health care. By leveling up on client individual experiences, Mindful Healing Works believes it can significantly impact the mental health sector as it is known.

Speaking about its plans, Erin Meyer, CEO of Mindful Healing Works had this to say, “We believe that every person has the ability to be their best self. Through life circumstances, people can get frustrated and give up on getting help. that have not gotten proper care in the past from clinics that take state insurance etc and we have leveled up the care that these clients receive. We give the clients an experience that is equivalent to a spa experience that relaxes their senses and brings down defenses in order to have the ability to be open to change.”

Mindful Healing Works now offers a range of mental health solutions including mental health counseling, group therapy, IOP, SOP, Psychiatric Rehabilitation Program (PRP), medication management, and much more. The newly devised approach to offering these solutions is one that mimics the idea behind spa experiences. Erin believes that this approach will work wonders in unraveling the barriers that hinder clients’ well-being while speeding up the process to optimal wellness.

With mental healthcare providers that continuously improve and evolve their practices based on the latest research and knowledge, Mindful Healing Works is undoubtedly the go-to center for anyone looking for the support and care they need to restore their mental health. The center also offers teletherapy through which they provide support and care virtually.

For more information, please visit <https://mindfulhealingworks.com/>.

**About Erin Meyer**

Erin Meyer LCPC is the CEO and President of Mindful Healing Works Wellness Center. Erin obtained her Masters of Science in Clinical Psychology from Johns Hopkins University in 2016. She specializes in working with clients that have trauma and creating a safe space for them to heal. She loves growing a relationship of trust with her clients. In her spare time, she loves spending quality time with friends and family. Erin enjoys treating herself to a self-care spa day and doing activities that bring her daily joy in life.

To learn more about Erin Meyer and her Mindful Healing Works initiative, log on to <https://mindfulhealingworks.com/about/>.

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