

Mental Health Services

In-person & Online



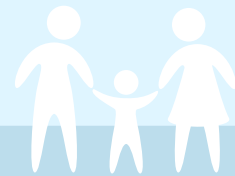
FOR INDIVIDUALS, COUPLES AND FAMILIES



Share your concerns in a safe, caring, confidential & professional environment.



Discover how couples therapy can help you and your partner feel reconnected.



Family therapy can help family members understand one another better and bring them closer together.

Flexible & Accessible

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WHY CHOOSE innerAssist:

- ✓ Focused on Quality
- ✓ Personalized Approach
- ✓ Culturally Sensitive
- ✓ Multilingual



WE HELP WITH ANXIETY - MOOD - GRIEF -
SELF-ESTEEM- LIFE TRANSITIONS -
RELATIONSHIPS

**Mariza Thanopoulou, MSc
Psychologist**

Your partner in your journey
towards wellbeing!



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