

Weight Management Psychological Services

Short-term therapy and consultation for mental health concerns related to weight management

Are you struggling to start or maintain your weight loss goals?

Do you need help establishing healthy eating or exercise habits?

Psychologists in the Weight Management Institute are available to support you with a range of behavioral issues as you work toward health and/or weight loss goals. These may include:

- Setting realistic nutrition and exercise goals
- Addressing emotional eating, mindless eating or binge eating
- Body image concerns
- Managing stress
- Addressing interpersonal barriers

You can attend up to eight solution-focused therapy sessions with the psychologist who will help you set specific behavioral goals and harness your strengths to achieve them.

If additional or longer-term mental health services are warranted at your consultation or at the end of your treatment, you will be provided with appropriate referrals.

Location: Psychologists are available in Akron, North Canton and Wadsworth. Telehealth may be available if deemed appropriate by the psychologist.

For more information and to schedule an appointment, call **330.375.4680**.

