

The Salience Approach

What Makes Us Different

Conditions We Treat:

- Depression & Anxiety
- Sleep & Stress Issues
- PTSD & Trauma Concerns
- Bipolar Disorder
- ADHD

Here's how we work with you:

Collaborative Care:

You'll partner with a specialized care team to set goals, treatment plan, and measure progress every step of the way.

Personalized Treatment Plans:

We tailor your care to address your needs, such as improving sleep, anxiety, or focus.

Convenient Access:

Flexible appointments are available in-person or via telehealth to fit your schedule.



You took the first step by telling your provider something wasn't quite right. We're here to help you take the next one with clarity and support.

Timely Access | Evidence-Based Care

Contact Us Today!

Phone: 469.379.8222

Website: SalienceHealth.com



Mental Health Optimization
**Supporting
Whole Patient
Health**



Why Mental Health Matters More Than Ever

When mental health symptoms go untreated, they don't stay in your head. They show up as:

- Fatigue and low energy
- Sleep problems
- Weight fluctuations
- Chronic pain
- Blood pressure changes
- Missed work and strained relationships

Your provider referred you to us because they're invested in your long-term progress not just short-term symptom relief. Together, we'll build on the care you've already received and focus on what comes next.

We're More Than Therapy

And That's a Good Thing

We're an outpatient mental health optimization practice. We specialize in care that works when depression and anxiety medications alone aren't enough—by collaborating with your referring provider to treat the systems in your brain and body.

Your plan of care may include all or a combination of the following treatment options:

- **TMS Therapy** (non-invasive brain stimulation for depression, anxious depression, PTSD and OCD)
- **CBT Therapy** (to rewire patterns and build coping strategies)
- **Medication Management** guided by your response, goals, and progress

Our team coordinates directly with your provider to create results, not just appointments.

What to Expect

The Process is Simple

1. **Book a first visit** (online or by phone).
2. **Meet your care team** for assessment & plan.
3. **Begin personalized treatment** based on your needs.

Book your appointment within the next 7 days to start your path to clarity, calm, and control. We will update you referring provider when you have booked your new patient appointment.

Call: 469.379.8222

Visit: [SalienceHealth.com](https://www.SalienceHealth.com)

Scan QR code to
book an appointment
today



We accept most major insurance plans.

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