Joy
MENTAL HEALTH GROUP

THOUGHTFUL CARE FOR YOUR NEXT CHAPTER

P 734-215-5853 F 855-952-2422
ChooseJoyMi.com



MEET YOUR THERAPIST

Alyssa Taylor, TLLP

Limited License Clinical Therapist

Alyssa provides warm, collaborative therapy for teens and adults navigating anxiety, depression, phobias, self-criticism, life transitions, and relationship or school stress. She helps clients understand patterns and make meaningful change.

Immediate availability | Accepting new clients | English

AREAS OF FOCUS

Anxiety | Depression

A SUPPORTIVE FIT

- **Adolescents, teens, adults, and parents** navigating anxiety, depression, phobias, or life transitions.
- Focus includes **anxiety, depression, social anxiety, and relationship or school stress.**
- A warm, collaborative, practical style that respects each person's pace.

HER APPROACH

- Helps clients understand patterns and create meaningful change without judgment.
- Draws on **CBT, ACT, mindfulness, motivational interviewing, and person-centered therapy.**
- Individualized work may include **exposure** and insight-oriented care when helpful.

INSURANCE

Accepts: Aetna · Blue Cross Blue Shield · Meritain Health · Health Alliance Plan · McLaren Health Plan · Medicaid · Auto insurance (accident-related) · Cash pay.

CURRENT AVAILABILITY

Telehealth
Virtual care

Ready to take the next step?

Call **734-215-5853** or scan to open this clinician's profile.

ChooseJoyMi.com/team/alyssa-taylor/