Joy
MENTAL HEALTH GROUP

THOUGHTFUL CARE FOR YOUR NEXT CHAPTER

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



MEET YOUR THERAPIST

Dr. Daphne Y. González Díaz, LP

Licensed Psychologist

Dr. Daphne Y. González Díaz offers a warm, non-judgmental space for young adults, adults, and older adults navigating adjustment, anxiety, depression, grief, burnout, and life transitions.

Immediate availability | Accepting new clients | English and Spanish

AREAS OF FOCUS

Anxiety | Depression | College students | Life transitions

A SUPPORTIVE FIT

- **Young adults, adults, and older adults** navigating adjustment, anxiety, depression, grief, burnout, or life transitions.
- Focus includes **anxiety, depression, college stress, and life transitions.**
- **Affirming care for immigrant and multicultural families**, offered in English and Spanish.

HER APPROACH

- Warm, insightful, and non-judgmental care tailored to your goals.
- Draws on **CBT, ACT, mindfulness, and person-centered therapy.**
- She completed doctoral training at **Albizu University** and an APA-accredited internship at Clemson University.

INSURANCE Accepts: Aetna · Blue Cross Blue Shield · Blue Care Network · Optum · UnitedHealthcare · 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/daphne-gonzalez-diaz/