



# Personalized

Neurotherapy for a  
better brain

**6 Treatments offered  
at Her Well**

- ☒ Anxiety
- ☒ Depression
- ☒ Sleep Disorders
- ☒ PTSD
- ☒ Decreasing cravings in substance use disorder
- ☒ Chronic Pain

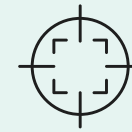
Sharper focus, calmer mind, and improved  
wellbeing.

**1-281-934-8727**

**511 Velasco RD. Brookshire, TX  
77423**

**HERWELL.ORG/I-NEED-HELP/**

# READY FOR A BETTER BRAIN?



## IMPROVE FOCUS

Strengthen concentration and mental clarity, helping you stay present and engaged in daily life.



## ENHANCED RELAXATION

Learn stress management techniques that improve sleep quality and overall emotional well-being.



## MENTAL HEALTH SUPPORT

Manage depression and other challenges with a holistic approach, guided by a licensed clinical social worker.



## HEALING FROM TRAUMA

Address deep-seated trauma and triggers, supporting your journey toward healing.

**FREE**

## MYNDLIFT AT HER WELL: UNLOCK YOUR FULL POTENTIAL

MyndLift is a free program offered through Her Well to support your mental and emotional well-being. You'll get unlimited sessions and access to six personalized treatment plans to help improve focus, sleep, relaxation, and more. It's especially helpful for managing trauma, depression, and emotional triggers.

## PROGRAM REQUIREMENTS



Weekly Commitment



Consistency