

## YourTherapist Psychotherapy and Counselling - Ottawa

Mental Health Clinic In Ottawa



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### *Mental Health Clinic In Ottawa*

## *YourTherapist Psychotherapy and Counselling - Ottawa*

### **YourTherapist Psychotherapy and Counselling: A Safe Haven in Ottawa**

Located in the heart of Ottawa, **YourTherapist Psychotherapy and Counselling** is a mental health clinic that stands out for its commitment to providing exceptional care. With services designed for everyone, including being

**LGBTQ+ friendly** and a **transgender safe space**, this clinic fosters an inclusive atmosphere where individuals can feel comfortable seeking help.

### **Why Appointments are Recommended**

Due to the high demand for quality mental health services, **appointments are required** at YourTherapist. Clients appreciate the personalized attention they receive, making the scheduling process essential for receiving tailored support. The clinic also offers online appointments for added convenience.

### **Accessibility and Amenities**

YourTherapist prioritizes accessibility for all clients. The facility features **wheelchair-accessible entrances** and **wheelchair-accessible seating** within the treatment areas. Furthermore, clients can find spacious and accommodating **toilets** that cater to those with mobility challenges.

### **A Supportive Environment**

One of the standout features of YourTherapist is its compassionate staff, particularly therapists like Dr. Zahra Nafhar. She is known for providing insightful guidance and resources, ensuring each client feels genuinely supported throughout their journey. Many clients have expressed gratitude for the therapists' ability to listen without judgment and offer valuable recommendations.

### **Understanding Financial Needs**

The clinic recognizes that mental health support can sometimes be financially burdensome. Many clients have noted the understanding nature of the staff, particularly when it comes to accommodating individuals facing financial hardships. This level of empathy adds to the overall positive atmosphere of the clinic.

### **Managing Crowd and Availability**

While the popularity of YourTherapist reflects its quality, some clients have experienced challenges regarding appointment availability. Although it is advisable to book in advance, the responsiveness of the administrative staff ensures that clients are informed about scheduling options, even during busy periods.

### **Client Testimonials and Experiences**

Feedback from clients highlights a common theme of satisfaction with the care received. One individual noted how their therapist went above and beyond by recommending books and providing tools to manage anxiety. Another client expressed appreciation for the welcoming environment that encouraged open communication about their thoughts and feelings. However, as with any service, there are mixed reviews; some have reported difficulties related to billing and appointment scheduling.

## Conclusion

For anyone seeking a mental health clinic that emphasizes compassion, inclusivity, and accessibility, **YourTherapist Psychotherapy and Counselling** in Ottawa is an excellent choice. Whether you are part of the **LGBTQ+ community** or simply in need of supportive counseling, the skilled therapists and accommodating staff are dedicated to helping each client navigate their mental health journey. Remember, **appointments are recommended** to ensure you receive the focused care you deserve.

## You can find us in

130 Albert St Suite 1212, K1P 5G4 Ottawa, Ontario - Canada (CA)

The contact phone of the mentioned **Mental health clinic** is +1613-410-9393  
And if you want to send a WhatsApp, you can do so at +1613-410-9393

## We look forward to seeing you at:

Day Hours  
Monday  
8?AM–6?PM  
Tuesday  
8?AM–6?PM  
Wednesday  
8?AM–6?PM  
Thursday  
8?AM–6?PM  
Friday  
8?AM–6?PM  
Saturday  
9?AM–5?PM  
Sunday  
8?AM–6?PM

The website is [YourTherapist Psychotherapy and Counselling](#)

If necessary to adjust any information that you consider is incorrect regarding this page, we kindly request deliver a message so we can we will fix it quickly. Thanks beforehand thanks.

## Images



*Yourtherapist psychotherapy and counselling ottawa*

## Tags

*Crowd, Appointments recommended, Wheelchair-accessible entrance, Accessibility, Appointment required, LGBTQ+ friendly, Transgender safe space, Toilet, Planning, Wheelchair-accessible seating, Amenities*

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alternative medicine practitioner
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association / organization
astrologer
bankruptcy service
child care agency
child health care centre
child psychologist
chiropractor
citizen information bureau
community center
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dentist
doctor
education center
emdr psychotherapist
emergency training
equestrian facility
family counselor
family practice physician

family service center
fitness center
government office
health counselor
health spa
holistic medicine practitioner
home health care service
hotel
hypnotherapy service
kindergarten
laser hair removal service
learning center
life coach
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marketing agency
marriage or relationship counselor
massage spa
massage therapist
medical center
medical clinic
medical group
medical office
medical spa
mental health clinic
mental health service
naturopathic practitioner
non-profit organization
nutritionist
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occupational therapist
optometrist
orthopedic clinic
orthotics & prosthetics service
osteopath
pain control clinic
pediatric clinic
personal trainer
pharmacy
physical therapist
physical therapy clinic
psychiatrist

psychologist
psychologists
psychopedagogy clinic
psychotherapist
rehabilitation center
reiki therapist
skin care clinic
sleep clinic
social services organization
social worker
spa
specialized clinic
speech pathologist
sports medicine clinic
student career counseling office
support group
therapists
wellness center
women's health clinic
yoga studio