

## Uprise Psychology & Wellness - Ottawa

Psychologist In Ottawa



I'm not a robot



RECAPTCHA

Published on: 20/05/25	Hits: 240
Comments: 0	See comments
Votes: 24	Score: 4.9

[https://www.mindtrek.ca/psychologist/ottawa/uprise-psychology-wellness-ottawa\\_317883.php](https://www.mindtrek.ca/psychologist/ottawa/uprise-psychology-wellness-ottawa_317883.php)



### Psychologist In Ottawa

### Uprise Psychology & Wellness - Ottawa

### Uprise Psychology & Wellness: Your Go-To Destination for Mental Health Support in Ottawa

Located in the heart of Ottawa, Ontario, **Uprise Psychology & Wellness** stands out as a beacon of hope for those seeking **psychotherapy services**. This clinic offers a range of **service options** tailored to meet the diverse needs of its clients.

### Why Choose Uprise Psychology & Wellness?

At Uprise, patients are met with a warm and welcoming environment. Many clients have praised **Dr. Melisa** for her personable nature and professionalism. One satisfied client noted, "Her genuine care for patients' well-being gives you confidence that you're in the right place." This sentiment is echoed by others who highlight the compassionate and **LGBTQ+ friendly** atmosphere of the clinic.

## Amenities and Accessibility

Uprise Psychology & Wellness is committed to providing excellent facilities for all clients. The clinic features a **wheelchair-accessible entrance** and **wheelchair-accessible seating**, ensuring that everyone can receive the mental health support they need. Additionally, the clinic values planning ahead, encouraging **appointments recommended** and **appointment required** for a seamless experience.

## Parking and Accessibility Options

Finding parking in busy Ottawa can be a challenge. Uprise Psychology & Wellness offers **paid street parking** nearby, making it convenient for clients to access their appointments. For those who may need to use public facilities, the clinic is equipped with a **toilet** for client use.

## Client Feedback and Experiences

The experiences of past clients at Uprise Psychology & Wellness provide insight into the clinic's dedication to quality care. Many have expressed their trust in the team's ability to address **mental health challenges**. As one client shared, "They combine their compassionate, caring, and person-centered approach beautifully with their clinical skills." However, some have noted issues with communication, mentioning that they faced difficulties in receiving timely responses to inquiries.

## Conclusion

Uprise Psychology & Wellness is a clinic that prioritizes accessibility, professionalism, and patient-centered care. Whether you are seeking therapy for personal growth or addressing specific mental health challenges, this clinic is highly recommended by those who have experienced its services firsthand. With a focus on creating an inclusive and supportive environment, Uprise stands ready to assist you on your journey to wellness.

**You can come to our business at**

130 Albert St Suite 1204, K1P 5G4 Ottawa, Ontario - Canada (CA)

The phone number of the respective **Psychologist** is +1613-695-7133  
And if you want to send a WhatsApp, you can do so at +1613-695-7133

### **We are available at these times:**

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

The website is Uprise Psychology & Wellness

If you need to alter any data that you believe is not correct about this site, please deliver a message so we can we will fix it quickly. Thanks beforehand thanks.

## **Images**



*Uprise psychology wellness ottawa*

## Tags

*Planning, Wheelchair-accessible entrance, Amenities, From the business, Service options, Appointment required, Language assistance, Paid street parking, Identifies as women-owned, LGBTQ+ friendly, Appointments recommended, Crowd, Toilet, Wheelchair-accessible seating, Parking, Accessibility*

## Related content

4.8 *	<i>Ottawa Psychotherapy Services - Ottawa</i>
4.6 *	<i>Grounded Psychology - Ottawa</i>
4.2 *	<i>Ottawa Psychology Services - Nepean</i>
4.0 *	<i>West Ottawa Wellness - Nepean</i>
3.5 *	<i>Waystone Psychology - Ottawa</i>
4.9 *	<i>Expressive Arts Therapy Ottawa - Ottawa</i>
4.8 *	<i>Richmond Hill Psychology Centre (by Advanced Psychology Services) - Richmond Hill</i>
3.6 *	<i>Ottawa West Professional Services - Nepean</i>
4.9 *	<i>Adm Ottawa Physiotherapy - Bells Corners - Nepean</i>
5.0 *	<i>Psychology Wellness - Uxbridge</i>

## Categories

academic department
acupuncture clinic
acupuncturist
addiction treatment center
advertising agency
alternative medicine practitioner
applied behavior analysis therapist
art studio
association / organization
astrologer
bankruptcy service
child care agency
child health care centre
child psychologist
chiropractor
citizen information bureau
community center
community health centre
computer support and services
consultant
corporate office
counselor
crisis center
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
life coach
local medical services
lymph drainage therapist
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
occupational health service
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