

Meet Your Mental Health Professional

**TARSHA
DEGAY,**
MAC, LPC,
CIGT, NCC



Tarsha Degay is dually licensed in the state of Texas and Colorado as a Licensed Professional Counselor (LPC). Tarsha has worked in the mental health and educational field for the last thirteen years. She has worked in private practice for the last four years and currently has a small virtual practice online. Amongst her working for CareATC, she contracts out with Sondermind, Therapist of Color Collaborative (TOCC) and Real Comfort Living. Tarsha enjoys her eclectic view to therapy because she understands that one size doesn't fit all. Having a non-traditional approach to therapy allows the continuum of care model to positively evoke change.

Spring ISD Health & Wellness Center
110 Cypress Station, Ste 248
Houston, Tx 77090
Monday thru Friday 8am - 5pm

Three easy ways to schedule an appointment:

 800.993.8244  www.careatc.com/patients  CareATC app



Benefits of working with a Mental Health Professional

- 1. Low or No Cost** - All health center eligible members have access to mental health services.
- 2. Personalized Care Plan** - strategically focused on your personal goals and built on your strengths to help you improve your overall health and well-being.
- 3. Confidential** - CareATC complies with all HIPAA regulations.

Why work with a Mental Health Professional?

- Desire to improve your emotional health
- Want to focus on life improvement/goal-setting
- Family, marital or other relationship issues
- Feeling stressed with work or family
- Struggling with work/life balance
- Parenting support
- Recent loss or grief
- Avoiding friends and social activities
- Excessive worrying, fear, or sadness
- Inability to handle daily activities/problems/stress
- Extreme mood changes; "highs", "lows"
- Increased feelings of irritability or anger
- Overuse of substances like alcohol or drugs
- Suicidal thoughts



Show Me
The App!

