



SYNERGY WELLBEING

Live your life better.

888-529-1156 synergytulsa.com

Wellbeing is a sense of peace and contentment that endures through the trials and triumphs that life can bring. Synergy Wellbeing will help you move through difficult times toward a life with greater satisfaction and fulfillment.

- Has your life lost a sense of purpose?
- Are you struggling to balance all that life seems to demand of you?
- Are you having difficulty recovering from a traumatic incident?
- Are you concerned about the worry, fear, or sadness you feel?
- Have you lost someone close to you, either through death or separation?
- Are you ready to escape the hold that drugs, alcohol or another addiction has on your life?
- Are you trying to cope with a chronic illness or that of a loved one?
- Are you working harder than you think you should to maintain a relationship?
- Is your child struggling with school or with life in general? Are you needing parenting guidance?
- Are you wanting to learn how to Live Your Life Better?

The professionals at Synergy Wellbeing can help. We want to help you rediscover your happiness, regain peace of mind, alleviate anxiety and depression and revitalize your most treasured relationships.

TIMELY, CONFIDENTIAL APPOINTMENTS WITH A REDUCED \$20 COPAY!

Officers, retired officers, spouses and dependents will be offered an appointment with a licensed mental health professional within 10 calendar days. Appointments for urgent concerns within a few days and if you are in crisis, within 24 hours. Evening and weekend appointments are also available.

All services are completely CONFIDENTIAL at a discrete location.

Private entrance available upon request.

Call 888-529-1156 to speak with one of our care navigators who will help connect you with the counselor who is the right fit for you. Or you can complete the survey on our website at synergytulsa.com.

Visit synergytulsa.com and click on "Our Counselors" to view the complete profile for:



Abigail Bliss, LPC, ATR/BC

My goal is to give you a safe place to feel what you need to feel. If we agree to work together, we will work collaboratively to discover ways to cope with and recover from depression, anxiety, grief/loss, blended family concerns, bi-polar disorder or ADHD.



Robin Hicks, LPC, LADC

Depression, trauma, substance abuse and unhealthy relationships are often debilitating. But after 25 years of working in the mental health field, I'm optimistic that you have the ability to move through and overcome difficulties. You are the expert on yourself.



Allison Ikley-Freeman, MS

I feel privileged as I watch clients discover a life not just with less barriers, but with more joy through the therapy process. I often use Humanistic, Person-Centered, Gestalt, and Emotion-Focused theories as therapeutic models to help clients strive for growth and balance. I am trained in CPT, TF-CBT, CBT and Motivational Interviewing.



Mark Ingram, LADC/MH

My strong faith, commitment to serve and passion for helping others live their best life led me to the counseling profession after retiring from the U.S. military. I have been a Licensed Alcohol and Drug Counselor/Mental Health since 2007 and worked in hospitals, drug court and private practice. I am EMDR certified for the treatment of trauma.



Glenda Ireton, LPC, LADC

I believe in addressing the whole person - mentally, emotionally, physically and spiritually. I help my clients address a variety of issues including anxiety, stress, depression, grief/loss, trauma, and PTSD and give my clients the tools they need to enhance their lives.



Dianna Jurena, LPC, CTTS

I work with individuals who have experienced trauma, are struggling with anxiety, phobias, PTSD, depression, and grief, and who have been diagnosed with personality disorders, or mood disorders such as Bi-Polar Disorder. My therapy dog in training, Shadow, is a "bringer of joy." She is attuned to feelings and will sometimes sit with you as you release your feelings - all without judgement.



Kathy Pitcock, LCSW

Throughout my career, I've been honored to walk alongside people who were ill, grieving, or struggling with any number of life's obstacles. I specialize in grief, stress, anxiety, depression, life transitions, parenting and chronic illness. I work with individuals who have been hurt by or are struggling with religion.



Jane Wright, LPC, LADC

I work with individuals and families who are dealing with addiction or mental health issues. I treat mood disorders such as depression and anxiety, addiction and intervention issues, grief and loss, trauma, life transitions and spirituality as it applies to recovery. I am a certified Stephen Minister, a volunteer layman who provides one-on-one pastoral care to those experiencing grief and loss.