

Rae Metzler, BA, MHP

Crisis Clinician

Education and Certification

Bachelor's degree in Psychology from Ashford University.

Specialization

Adults experiencing mental illness.

My Treatment Philosophy

I believe in meeting the client where they are at. My goal is to empower the client. I strive to help the client acquire the tools to manage their mental illness and lead a successful life.

A little bit about me...

I enjoy spending time with family and friends, fitness activities and reading. I have a passion for animals, social justice, and ending the mental health stigma. I am striving to live my best life and finding different ways to practice self care. Laughter is the best medicine!



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