

Connect with Us



843-531-9036

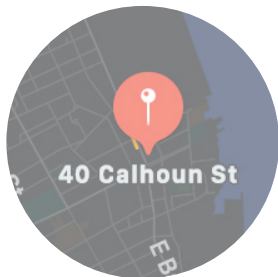


www.modern-minds.com



40 Calhoun Street
Charleston, SC 29401

1513 Mathis Ferry Road
Mount Pleasant, SC 29464



We hear you, we are here for you,
and we can help.



Embracing Challenges,
Empowering Growth

Modern Minds focuses on more than just symptom reduction by treating both mind and body.

Modern Minds Services *(Telehealth Available)*



**1-on-1
Psychotherapy**



**Medication
Management**



**Dedicated
Wellness Mentor**



**Group
Psychotherapies**



**Comprehensive
Psychological
Assessments**



**Integrative
Wellness**

Meet The Team



ANNE MARIE ALBANO PH.D.
Executive Director



KEVIN GRAY M.D.
Chief Medical Officer



ASHLEY BULLOCK PH.D.
Chief Psychology Officer

The Modern Minds Difference

1. Specialists in Anxiety and Depression

The latest evidence-based treatments for anxiety and depression through one-on-one, and group therapy

2. Team-Based Care

Psychologists, psychiatrists, and social workers available to meet all your mental wellness needs in one location

3. Easy Access

Telehealth access and extended morning and evening hours of service to accommodate busy schedules

4. Additional Support

Each client matched with a wellness coordinator, in addition to the primary clinician, who supports weekly progress and facilitates access to our 24/7 on-line resources

5. All-Inclusive Wellness Integration

Clients connect with in-house and community partner wellness resources to accelerate and sustain mental and physical outcomes

6. Empowerment Focus

Our focus moves beyond diagnosis and symptom reduction to empower our clients with the insight and tools needed for continuous growth

“By the time all the major behavioral problems human beings face are added together, in effect, it is ‘abnormal’ not to experience significant psychological struggles.”

-STEVEN HAYES