



# Logan Mental Health and Wellness

## Business Hours:

Monday	9:00 am–5:00 pm
Tuesday	9:00 am–5:00 pm
Wednesday	9:00 am–5:00 pm
Thursday	9:00 am–5:00 pm
Friday	9:00 am–5:00 pm
Saturday	Closed
Sunday	Closed

## Contact Us:

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## Follow Us on Social Media:

Facebook: @

Instagram: @loganmentalhealthandwellness

Twitter: @LoganMHW435

## Visit Our Website:



[loganmhw.org](http://loganmhw.org)

**Partnering for Wellness:  
Healthy MIND, Healthy BODY,  
Healthy LIFE**

## Our Services:

**Medical**

Diagnosis and treatment of mental health conditions.

**Therapy**

Compassionate mental health counseling.

**Dietitian**

In partnership with Positive Change Nutrition.

**Yoga**

Classes for physical and mental wellness.

## Medical

Paige, PMHNP, founded LMHW with the vision that everyone who enters will be treated in the most personal and professional manner possible. One size does not fit all. Paige is focused on the individual and their mental health needs. Paige loves working with young people and has a unique way on connecting with them.

Cija, FNP-C, loves working with adults, the elderly, veterans, and believes a person who has continual chronic health problems will be at a higher risk for psychiatric complications like depression or anxiety.

Ani, PMHNP, believes there is a strong connection between mind body, and spirit. Her approach to recovery and healing is individualized, evidence-based, and holistic. Ani is a native of Cache Valley and enjoys working with children, adolescents, and young adults.

## Dietitian

We are pleased to offer nutritional counseling through our partnership with Positive Change Nutrition. Our dietitian, Rachel Rood MS, RD, CD, describes her work on her website:

“Through individual Nutrition Therapy, I will meet you where you are at with your food and body concerns and work together to establish realistic goals to progress on the path to wellness. I utilize and promote principles of Intuitive Eating, non-diet and weight inclusive approach. I realize that there is not a “one-size-fits-all” method or solution to eating issues and will utilize an individualized plan to help you move toward lasting health and healing for life.”

For appointments, scan this QR code:



## Therapy

Lee, LCSW, MPA, SUDC, utilizes client centered and solution-focused approaches along with multiple modalities with various forms of addictions, domestic violence, dual diagnoses, depression, anxiety and trauma.

Any, ACHMHC, believes as a therapist, her main goal is to help you resolve your symptoms right now. Amy is a trauma-informed therapist trained in EMDR. Her approach focuses less on teaching you a list of skills or showing you how what you’re doing is wrong, and more on processing the roots of the behavior.

Larry, LPC, CHMC, the newest addition to the LMHW family. Larry brings over 35 years of experience working with marriage/family/blended family/divorce and adoption issues; anxiety, stress, depression, anger management, PTSD, and death/grief/bereavement.

## Genetic Testing and Affordable Bloodwork

At LMHW we use the most up-to-date methods to identify and treat causes to mental health challenges. One way we do this is through genetic testing to find what medications may work best for our clients. This genetic testing is done through GeneSight. Results can inform your provider how best to treat your depression, anxiety, ADHD, and other psychiatric conditions.

In addition to genetic testing, we have trained phlebotomists who are able to draw blood for testing. Our costs for blood work are a fraction of what you might pay elsewhere. Why is our cost so much less? Because our overhead for drawing and testing your blood is so much less. For a list of prices for blood work, scan the following QR code.

