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Taylor Counseling Group Announces Partnership with Okay to Say
Affordable counseling provider supports mental health awareness campaign

Dallas – July 14, 2020 – [Taylor Counseling Group](#), a Texas-based counseling provider on a mission to provide affordable, accessible care, today announces a partnership with [Okay to Say](#), an award-winning public awareness campaign initiated by the Meadows Mental Health Policy Institute. One dollar from every Taylor Counseling Group session will now be donated to Okay to Say.

According to the National Alliance on Mental Illness (NAMI), more than 3.1 million adults in Texas have a mental health condition. Knowing that mental health awareness is crucial in ensuring the well-being of Texans, Okay to Say encourages those experiencing mental health issues to talk to trusted family members and friends and to seek professional help when needed. The campaign also aims to equip those in the position to be a supporter of a friend or family member experiencing a mental health issue with the tools to initiate a positive and productive conversation that can ultimately lead to recovery.

"We are thrilled to announce our partnership with Okay to Say and begin to make a bigger impact through each of our counseling sessions," said Dr. Christopher Taylor, founder of Taylor Counseling Group. "Okay to Say strives to break the stigma behind asking for help, encourages people to talk openly and honestly about mental health, and shares the message that most mental illnesses are treatable. Their mission aligns perfectly with our core values and we are excited to support their efforts!"

In addition to the organization's support of Okay to Say, Taylor Counseling Group provides affordable, reliable and accessible mental health services to communities across Texas. Professionally trained clinicians work with individuals of all ages to develop personalized treatment plans to achieve unique goals. Taylor Counseling Group believes in the power of community support and will continue to invest in and improve communities through Okay to Say.

"The past few months have been especially taxing on mental health. We want to help alleviate the struggles of the community and establish mental health awareness," said Dr. Taylor. "Together with Okay to Say, we hope to encourage communities to prioritize the development of mental health resources."

Taylor Counseling Group plans to expand across Texas in the coming years and looks forward to growing with Okay to Say.

About Taylor Counseling Group

With locations across the state of Texas, Taylor Counseling Group provides a wide range of services to help clients from age five through late adult life. Specifically, individual counseling, couples counseling, family counseling and play therapy services. Taylor Counseling Group believes in affordable, accessible and reliable therapy. Because of this, the organization seeks to remove the barriers to mental healthcare of both cost and time. More information is available at www.taylorcounselinggroup.com.

About Okay to Say

Okay to Say™ is an award-winning public awareness campaign, initiated by the Meadows Mental Health Policy Institute and supported by The Hackett Center for Mental Health. Okay to Say's message is simple: it's okay to talk openly about mental health. Hope begins with open and honest conversations about mental health between trusted family members, friends, and other loved ones. Together, we can make sure everyone has the support they need to begin getting better. Follow Okay to Say on Facebook and Twitter at @okaytosay and on Instagram at @okaytosayTX to learn more and be a part of the conversation.

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