

## How Are You Really?

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College can be exciting, but it can also be overwhelming.

Between academics, relationships, and figuring out your next steps, it's easy to lose your sense of balance.

**You're not alone**

**Therapy is a space to pause, process, and find balance.**

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- Build emotional wellness
- Manage stress and anxiety
- Strengthen confidence and self-worth
- Improve focus and motivation
- Create balance between life and school
- Get support with relationships and/or identity challenges

## Get in touch.

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📞 512-222-4686

✉️ [therapy@weltitudepsychology.com](mailto:therapy@weltitudepsychology.com)

🌐 [www.weltitudepsychology.com](http://www.weltitudepsychology.com)

📍 Virtual - Michigan & Texas

Therapy for College & Graduate Students

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**Weltitude  
Psychology,  
PLLC**

Find Emotional Wellness

Free 30-minute consultation.  
**Schedule Online**



@weltitudepsychology





### **Dr. Seth Savoie**

Therapist | Licensed Psychologist  
Michigan & Texas



### People I help:

- Young Adults (18–25)
- Adults (25–65)
- High-Achieving Professionals
- College & Graduate Students
- LGBTQ+ Clients

### Concerns I treat:

- Anxiety, Depression, & Stress
- LGBTQ+ identity stress and exploration
- Grief, Loss, and Trauma
- Relationship problems

“ College is more than deadlines and degrees, it can be a chance to better understand yourself, build resilience, and making time to care for your mental health a part of your story. ”



### Rates & Accepted Payments

- Consultation (30-min) - Free
- Intake Session - \$175
- Individual Sessions - \$150
- Couples Sessions - \$175

Private Pay & Many Insurances Accepted  
Limited sliding scale availability based on financial need.