



## Letty Avila, QMHP

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Hello my name is Letty Avila. I am a Bilingual therapist for Proviso Public Partnership. I am honored to be partnering with Proviso Math and Science Academy. I have 13+ years of experience working with children, adolescents, adults, and families from the Proviso area in a variety of therapeutic settings. Some of the places I have worked include schools, community mental health agencies, and Early Childhood centers throughout Proviso Township. I earned my B.A. in Human Services, and my M.S. in Clinical Mental Health Counseling from National Louis University. My goal in collaborating with PMSA is to provide social/emotional wellness and development for all PMSA students in need. I look forward to helping students find solutions, relief, balance and insight to cope with life's challenges. Some of the things I will be focusing on are stress, anxiety, depression, self-harm, family conflict, self-esteem along as well as other things that may arise. I am committed to address student needs with short-term counseling interventions as frequently as needed. Additionally, I will provide referrals to community resources for long-term support when necessary. I look forward to working together with PMSA staff, students and parents to find solutions to any concerns we may encounter.

