



Andrea Carroll
LMSW, ACSW, C-ASWCM

1945 Pauline Blvd., Suite 15C
Ann Arbor, MI 48103
(734) 649-3065
amcarroll9@gmail.com
www.andreacarrollcounseling.com



**Personalized, professional counseling
for life's most challenging transitions.**

HOME PAGE

Change is inevitable throughout our lives. Many of us find ways to accept and cope with change, but sometimes the challenges seem overwhelming.

Now, more than at any time in history, adults are finding themselves struggling to manage a career, family and the growing dependency of an adult child, spouse or parent. During our lifetime, we may face divorce, illness, economic uncertainty, loss of a loved one, changes in close relationships, age-related loss of independence or other major life transitions. We often struggle with the past, which affects our decision making about the future.

When you must face life challenges, you may experience depression, anxiety, low self-esteem, relationship issues, indecision, regret or grief. Turning to supportive counseling can be a positive move toward creating balance and regaining control of your life.

I use a variety of therapeutic methods and a highly personalized approach to identify and build upon your strengths, provide insight, and give practical feedback. With support, you can develop coping strategies, reduce stress, and rediscover the well-being you deserve in this ever-changing world.