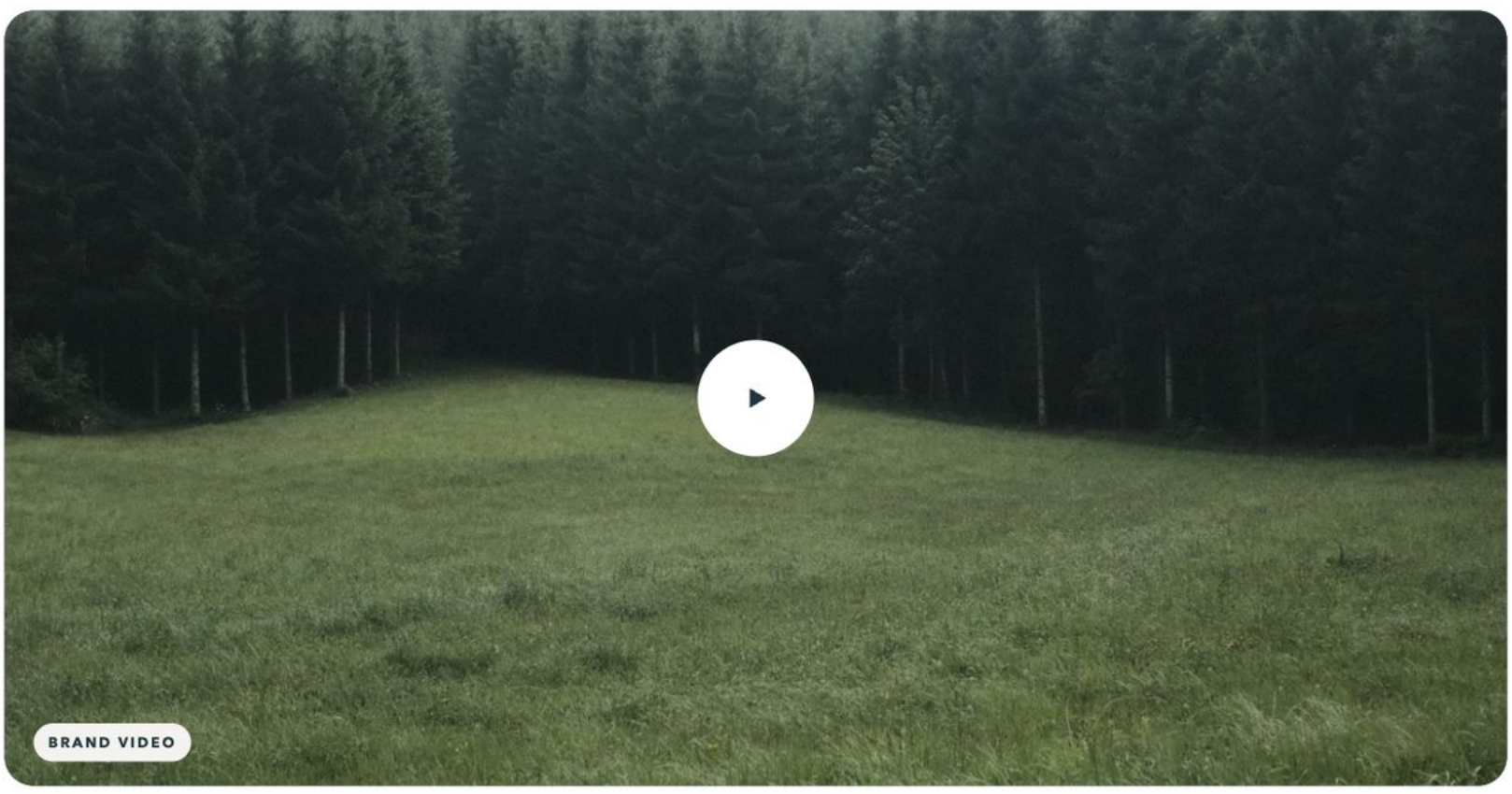
Inner Balance

Client-Centered Medication Management

BOOK AN APPOINTMENT HOW IT WORKS



We'll meet you where you are.



Inner Balance is a boutique medication management practice providing personalized care with a human approach.

BOOK AN APPOINTMENT

Easy Steps to Feeling Better

1

Schedule an appointment. (We'll verify your insurance benefits.)

2

Get an in-depth evaluation and personalized action plan.

3

Attend regular check-ins to make sure your plan is working for you.

Have questions? We're here to help.

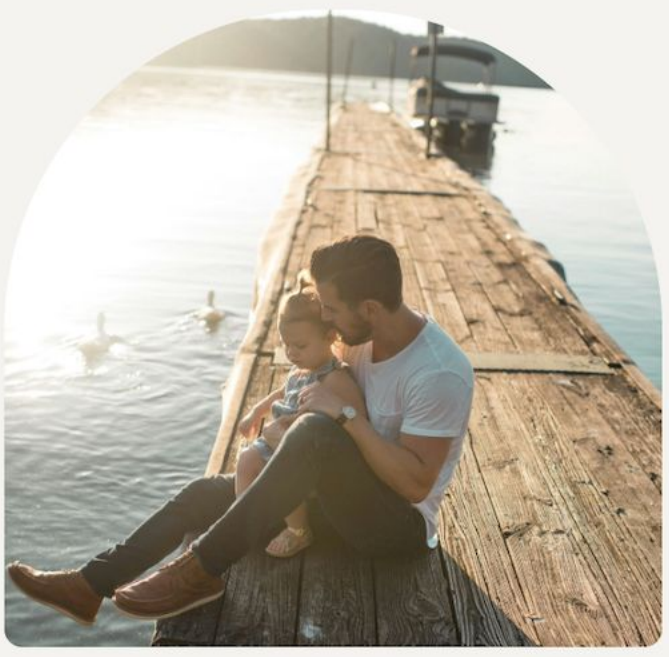
Talk to our friendly team about creating a tailored medication management plan.

CONTACT US

SERVICES

Medication Management Services

SCHEDULE AN APPOINTMENT HOW IT WORKS



What We Treat



Adults

We treat adults with:

- ✓ Depression
- ✓ Anxiety
- ✓ ADHD
- ✓ Mood disorders



Kids & Teens

We treat children and adolescents ages 6–18 with:

- ✓ ADHD
- ✓ Depression
- ✓ Anxiety

If you have a mood disorder you don't see listed here, feel free to contact us to see if our services are right for you.

We do not treat substance use disorders or severely acute mental health crises.

How It Works

Our knowledgeable staff takes the time to lay out your options and fully explain the treatment process, letting you choose the course of action that makes the most sense for you.



01 **Initial Chat**

We'll answer any questions you have and determine if our services are right for you. If they are, we'll book an appointment on the spot.

02 **Schedule an Appointment**

Appointments usually take place within 1–2 weeks. We'll email you a few forms to complete before your appointment.

03 **Insurance Benefits and Cost Outline**

We'll verify your insurance benefits and send you an itemized estimate of what you can expect to pay.

04 **First Appointment: Psychiatric Evaluation**

During this 90-minute, in-person session, we'll discuss your concerns and co-create a treatment plan that you understand and feel good about.

05 **Follow-Up Appointments**

As needed, we'll schedule additional appointments to check in, see how things are going, and make any adjustments necessary. You'll have the option to attend these virtually, though most people choose face-to-face visits because they love coming into the office!

You know your needs better than anyone else.

You'll never be pushed into something you don't feel comfortable with. By fully understanding your treatment plan, you'll feel more confident that you're making the right choice.

SCHEDULE AN APPOINTMENT

We do not handle psychiatric emergencies.

If you or someone you know poses an immediate danger to themselves or others, call 911 or visit the nearest hospital, or contact the appropriate crisis line:

LOCAL RESOURCES

Baltimore Crisis Response
(410) 433-5255

Here2Help Hotline (24/7)
(410) 443-5175

Grassroots Crisis Intervention (24/7)
(410) 531-6677

Sante Group (crisis hotline)
(410) 931-2214

NATIONAL RESOURCES

Suicide and Crisis Lifeline **988**

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Crisis Text Line **Text HOME to 741741**

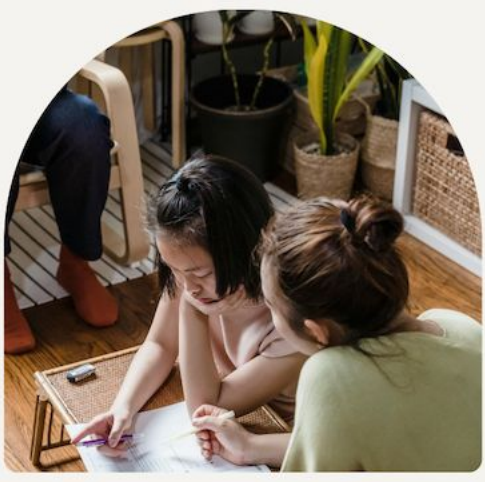
Crisis Hotline **(410) 749-4357**

CAREERS

Careers at Inner Balance

Do meaningful work in a supportive environment.

CONTACT US



Feel Empowered to Do Your Best Work

The best client relationships are built on collaboration and genuine care. At Inner Balance, you'll have the opportunity to move beyond a purely transactional model and create lasting connections with your clients.

Holistic Approach

We take a comprehensive view of each client and their family system, designing their treatment plan according to their needs, goals, and circumstances.

Client-Centered Care

We believe in shared decision-making. You'll work hand-in-hand with your clients, listening to their concerns and empowering them to be active participants in their journey to mental well-being.

Long-Term Relationships Built on Trust

We create a welcoming, nonjudgmental space where clients feel respected at every touchpoint. Because most of our clients stay with us long term, you get to witness their growth firsthand.

Get Real Support From Our Dedicated Admin Team

Our administrative staff plays a vital role in creating a seamless experience for both clinicians and clients. They're more than just helpful; they're friendly, communicative, and genuinely passionate about supporting the processes that lead to mental health.

Our admin staff truly love being here and are invested in building relationships with both clients and colleagues. They're the secret behind our success!

The Bridge Between Clients and Clinicians

Our admins are the first point of contact, fielding questions, managing appointments, and setting healthy boundaries.

Highly Responsive and Organized

Calls during business hours are answered live. Emails and voicemails are returned within one business day.

Clear Communication

Admins make sure clients know exactly what to expect. They check insurance benefits, provide cost information, and answer questions—all with kindness and grace.

Streamlined and Client-Focused

Our organized processes are based on continuous internal communication. Clients have a central point of contact for their questions, and everyone they interact with knows their treatment history. A smooth, efficient process means much happier clients.



Your Well-Being Matters, Too

To truly care for others, you need to be well cared for yourself. Our positive work environment promotes your well-being alongside your professional growth.

Work-Life Balance

We encourage you to live your life and maintain healthy boundaries around work. Flexible scheduling options and a commitment to respecting your time off allow you to recharge and feel your best.

Autonomy and Ownership

We trust our clinicians to be the experts in their field. You'll have the autonomy to manage your caseload, develop your approach, and make independent decisions within our treatment model.

A Team You'll Be Proud to Be Part Of

We're a close-knit group of like-minded professionals who are passionate about helping others. You'll build strong relationships with colleagues who provide support, share knowledge, and celebrate your success.

Thrive in Our Calming Office Space

Work should feel comfortable. That's why we call a charming old house our home: a space bathed in natural light and thoughtfully decorated to create a clean and cozy vibe. Our dog-friendly office is surrounded by trees, flowers, and the occasional curious deer.





Teamwork With Joy

We value working together, because we genuinely enjoy being around each other. It doesn't just keep us productive—it keeps us inspired.

It's time to have a sustainable relationship with the life-changing work you love.

CONTACT US



INNER BALANCE

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(410) 555-0142
hello@innerbalancemd.com

Mon–Thu 8:30am–6pm
Fri 8:30am–3pm

If you are in crisis, call or text 988, or call 911.