We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity - George Takei

Stephanie Mott, LMSW, received both her Bachelor and Master of Social Work Degree from Washburn University.

She is a long-time advocate and activist for those identifying as LGBT+ and other marginalized and oppressed people in Topeka, throughout Kansas, and across the United States. She has authored over one hundred published articles and been a keynote speaker at four hundred events and workshops.

Stephanie specializes in psychotherapy service to the LGBT+ community in her practice here at Valeo BHC.

Service Areas:

- Sexual Orientation
- Gender Identity/Expression
- Effects of Discrimination
- Coming Out
- Resources, Support, and Information
- Hormone Replacement Therapy Assessment

Helping With Related Issues:

- Anxiety
- Depression
- PTSD
- Relationships
- Self-Esteem
- Other Mental Health Issues

Did you know?

Individuals identifying as LGBT have a 1.5 higher risk of having a depressive or anxiety disorder