



PATTISON PROFESSIONAL COUNSELING AND MEDIATION CENTER

Helping You Live Your Life at Its Best

Visit us at ppccfl.com or call 850-682-1234 (Crestview) / 850-863-2873 (Fort Walton Beach)

Here to Help You When Life is Challenging

Often, life presents us with challenges that require help in sorting out solutions to get us back on track. Many people have found that therapy is a tremendous help in managing personal growth, interpersonal relationships, family concerns, and the hassles of everyday life.

At Pattison Professional Counseling and Mediation Center, you will find an accepting, secure place to express your concerns and struggles with a trained and experienced mental health counselor.

From Crestview, Baker and Defuniak Springs to Shalimar, Niceville, Destin, Fort Walton Beach and Navarre, the Pattison offices have served local communities for over 30 years. We have helped thousands of individuals and families in Northwest Florida find solutions to the challenges of life—and we will help you, too.

Contact us today to learn more about our services and to schedule an appointment at one of our two offices. Evening hours and Saturday appointments are available upon request.

No Insurance? No worries.

At Pattison, we believe that financial issues should not be a concern for receiving the help you need.

If you do not currently have insurance coverage, we offer a sliding—scale fee to fit all budgets that makes treatment for you affordable and attainable.

Call our office to schedule an appointment and find out just how affordable quality mental health counseling can be.

Specialized Mental Health Counseling

- Individual Therapy
- Couples Therapy
- Family Therapy
- Child Therapy
- Therapy for Military Personnel
- Christian Counseling
- Psychological Testing
- NWF State Student Assistance

ANXIETY DISORDERS

- ◇ Panic Disorder
- ◇ PTSD
- ◇ OCD
- ◇ Social Anxiety
- ◇ Specific Phobias

MOOD & TRAUMA DISORDERS

- ◇ Depression
- ◇ Bipolar
- ◇ Sexual / Physical Abuse
- ◇ Grief/Loss

CHILDHOOD DISORDERS

- ◇ ADD/ADHD
- ◇ Oppositional
- ◇ School Issues
- ◇ Autism
- ◇ Parenting

LIFE STRESSORS

- ◇ Separation/Divorce
- ◇ Work Stress
- ◇ Co-parenting
- ◇ Blended Families