

## Transforming Minds and Lives: Inside Ellie Mental Health - Lake Worth, Florida's Unique Approach

Ellie Mental Health - Lake Worth has emerged as a beacon of hope, compassion, and humor in the mental health landscape. This year, they earned an Honorable Mention in the 2024 Best of Florida Awards, a recognition that speaks volumes about their commitment to making mental health care accessible, welcoming, and even fun.

Founded in 2015 by licensed therapists Erin Pash and Kyle Keller, Ellie Mental Health has always been about breaking down barriers in the mental health industry. What began as a single clinic in Minnesota has grown into a thriving network of over 250 franchises across the country, each dedicated to destigmatizing mental health and providing innovative, compassionate care. Ellie Mental Health – Lake Worth was recognized as the 200<sup>th</sup> location in the locally owned Ellie Franchise System. This local ownership has created strong bonds in the community, so much so that it led to the need for an additional location. Ellie Mental Health recently opened its second location in Palm Beach Gardens, bringing its impactful therapy services to another Florida community.

The Lake Worth team’s mission is clear: to transform the culture of mental health care by making it accessible to everyone in the community. They offer outpatient mental health counseling services for individuals, couples, and families, with the flexibility of in-person and telehealth options. Ellie Mental Health uses an advanced technology called Ellie Match to ensure optimal fits and outcomes. Additionally, their bilingual providers ensure that care is accessible to a broader audience, and by accepting most major insurances, Ellie Mental Health removes one more frustrating barrier to getting help.

“We understand that life feels increasingly overwhelming for both children and adults, and our communities need more mental health services than ever. We are stepping up to fill the gap by ensuring that no one goes without the support they deserve.” says the Clinical Director, Christy Karabetian, PhD. “At Ellie, we have created a space where seeking help is accessible, empowering, and part of the solution. When people see therapy as a sign of strength, it opens the door to growth, healing, and lasting change.”

This approach clearly resonates with the community, as evidenced by the votes from customers that led to their recognition in the Best of Florida Awards. Ellie Mental Health’s unique blend of professionalism and a touch of humor makes them stand out from other

mental health providers. They believe that struggling with mental health is normal—some days are great, and some days make you want to hide under the covers. And that’s okay. At Ellie, they make sure getting the support you need is as easy and accessible as possible.

Ellie Mental Health – Lake Worth isn’t just providing counseling services; they’re committed to filling the gap in mental healthcare in their community. Their slogan, “Transforming the culture of mental health,” isn’t just empty words—it’s a mission they live by every day. And as the recognition from the Best of Florida Awards shows, their impact is both profound and appreciated.

In a world where mental health care can often feel daunting, Ellie Mental Health - Lake Worth offers a welcoming hand, a compassionate heart, and a bit of humor to help make the journey a little easier.

**[Visit the Lake Worth, FL page](#) or [call to schedule an appointment](#)**

Ellie Mental Health Lake Worth, Florida

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[Contact the clinic via email](#)