



Mona Potter

Zip Code: 02481

Zip Postal: 02481-6209

Language: English

Populations Treated: Adolescents/Teens, Children

Organization: InStride Health

Treatment Options: Group Therapy, Telehealth

Disorders Treated & Specialty: Generalized Anxiety Disorder (GAD), Agoraphobia, Anxiety, Body Dysmorphic Disorder, Body Focused Repetitive Behaviors, Hoarding, Misophonia, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Selective Mutism Disorder, School Refusal, Separation Anxiety, Social Anxiety Disorder, Tourette's Syndrome, Trichotillomania

Treatment Methods: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Exposure Therapy, Intensive Exposure Therapy Protocols, Medication Management, Mindfulness, Psychopharmacology

Payment Options: Accepts Some Insurance

Address1: 396 Washington St

Address2: # 266

Website: <https://www.instride.health/>

City: Wellesley Hills

State/Providence: Massachusetts

Country: United States

Degree: MD

Preferred Pronouns: she/her/hers

Email: mona@instride.health

Office Phone: 8554388331

Cell Phone: 6154243398

Professional focus: Psychiatrist

ABOUT

We provide insurance-based care for children, teens, and young adults struggling with anxiety and/or OCD, particularly in the moderate to severe range through a fully virtual, technology-enhanced, coordinated care team (psychiatrist, therapist, and coach) model.

TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Dialectical Behavioral Therapy (DBT)

Exposure Therapy

Intensive Exposure Therapy Protocols

Medication Management

Mindfulness

Psychopharmacology

POPULATIONS TREATED

Adolescents/Teens

Children

DISORDERS AND SPECIALITIES

Agoraphobia
Anxiety
Body Dysmorphic Disorder
Body Focused Repetitive Behaviors
Generalized Anxiety Disorder (GAD)
Hoarding
Misophonia
Obsessive Compulsive Disorder (OCD)
Panic Attacks/Panic Disorder
School Refusal
Selective Mutism Disorder
Separation Anxiety
Social Anxiety Disorder
Tourette's Syndrome
Trichotillomania

PAYMENT OPTIONS

Accepts Some Insurance



ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.

The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.

HELPFUL LINKS

ADAA Website

<https://adaa.org/>

Tips and Questions About How to Choose a Therapist That's Right for You

<https://adaa.org/finding-help/treatment/choosing-therapist>

5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!

<https://adaa.org/resources-news/from-adaa-experts/videos>

ADAA's Free Mental Health Webinars

<https://adaa.org/resources-news/from-adaa-experts/webinars>

Mental Health Personal Stories

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

ADAA Free Newsletter Sign Up

https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page

Join a Free ADAA Online Peer-to-Peer Support Community

<https://adaa.org/find-help/support>

Meet ADAA's Institutional Members

<https://adaa.org/professionals/Institutional-Memberships>

Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!

<https://youtu.be/Eq3zOzbfGoU>