Mindbridge Counseling Center LLC

Ursula V. Wright, LMHC
Telehealth Therapy | Massachusetts

Who I Work With

I provide individual telehealth therapy for **adults ages 22–50** across Massachusetts who are experiencing depression, trauma-related symptoms, emotional overwhelm, stress, or difficulty regulating emotions. My approach is warm, collaborative, and grounded in evidence-based care.

Clinical Focus

- Depression
- Trauma & PTSD
- Mood regulation and emotional processing
- Stress and burnout related to trauma history

Services

- Individual therapy (telehealth only)
- Secure, HIPAA-compliant virtual sessions
- **Insurance and self-pay accepted**

Ideal Referrals

Clients who feel emotionally stuck or overwhelmed, are impacted by past trauma and seeking stability, prefer flexible telehealth-based care, and are open to structured, supportive therapy.

Referral & Scheduling

Referrals can be made via online scheduling, secure email, or phone. With a signed release, care coordination and collaboration with referring providers is available.

Contact Information
Phone: 617-356-7116
Email: uvwright@mindbridgecounselingcenter.com

Currently accepting new telehealth clients in Massachusetts.