As Heartland Health transitions to Mosaic Life Care, we are bringing the next generation of health care to the communities we serve. For years, we have brought high-quality health care and health improvement to our community. We are taking that philosophy a step further to provide true preventive care in the form of life care. We will still provide high-quality, accessible health care, but will layer onto that the seven areas of a life that greatly impact long-term health ... lifestyle, health, relationships, career, finances, creativity and inner peace.

A big part of overall wellness is finding inner peace and having healthy, supportive relationships and being able to deal constructively with personal issues. Our Counseling Care team has helped thousands of people put their problems in perspective, find emotional well-being, and get the help they need to live a happy, healthy and productive life.

When to seek help ...

If you find yourself worrying about a problem more than just a few minutes a day, you may need to talk to someone. If you can't find a solution to a problem, discussing it with an experienced counselor may generate options for change.

If you would like to make an appointment, call us at 816.271.6573. We can usually see you within a few days or sooner if the matter is urgent.

During your first visit, your therapist will learn about you and what is disrupting your life. You and the therapist become a team, working together to examine options for your concerns.

Trusted Experience

Mosaic Life Care, Counseling Care employs a diverse group of mental health professionals who are able to address a wide range of issues. We have an experienced, long-term staff, most of which have been practicing for more than 20 years. With this experience, our therapists have strong clinical expertise and are very knowledgeable in their fields. When we see a need for new or additional services, we evaluate and expand to meet the needs of those in our care.

We accept most insurances, and we also offer an Employee Assistance Program (EAP) to many area employers. You may be eligible for free sessions through this program. Contact us today if you have any questions.
Emotional Well-Being
• Depression
• Anger management
• Assertiveness
• Attitude
• Self-esteem
• Loss and grief
• Boundaries
• Anxiety

Relationship Skills
• Conflict resolution
• Effective communication
• Parenting skills
• Family relationship concerns

Self-Improvement
• Procrastination
• Life balance
• Financial concerns
• Goal setting
• Personal development
• Career exploration
• Legal concerns

Physical Health
• Substance abuse
• Lifestyle choices
• Stress management
• Emotional eating
• Weight loss
• Insomnia

Services for Children
• Assessment
• Counseling for behavioral issues