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## Welcome

Welcome to my office. If this is your first time in counseling you may have many questions. Please feel free to ask anything that comes to mind. There are no wrong questions here. People come to this office “as is” and are welcome. Please make yourself comfortable. Together we will seek the answers to the concerns you have.

Most clients who come to counseling find a once/week visit to be the most helpful. However, some come every other week or as needed. As we work together, we will find a schedule that is right for you.

I reserve a time for you that will fit into both of our schedules. I do not double book appointments and often try to leave a little time between appointments if possible. Therefore, I will charge you your regular appointment fee if I do not receive at least 24 hours notice of a cancellation. Of course there are times when things come up, such as illness where no fee will be incurred.

The best way to reach me is by phone (321)-274-2224. You may call me or send me an email for appointment changes.

My regular fee is \$150 for the first session and \$130 for subsequent sessions. Your insurance may cover all or part of this fee. It is recommended that you contact your insurance company prior to the first appointment and inquire about any authorization that may be required, any applicable co-pay, and to determine if you have a yearly deductible that needs to be met. Payment can be made by cash, check, or credit card. If you are in financial need please speak to me about your situation.

Please take a few minutes to read and fill out this packet. Some of this paperwork is to help me identify the issues you are dealing with and to help us set up goals for counseling together. Some of this paperwork is mandated by the law. We can address together any questions or concerns you have about any of this paperwork or the counseling process.

I look forward to meeting and working with you.

For your best mental health,

Linda Mesing Cook