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FOR IMMEDIATE RELEASE
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Option for rapid access to mental health therapy introduces therapist Julie Soderberg



Julie Soderberg MSW, LICSW

(Two Harbors, Minn.) -- People across the Northland are waiting several months for their first therapy appointment. Wilderness Health has worked with its member hospitals and consultants at Digital Health Innovation to cut wait times and meet the needs of patients. Now, therapist Julie Soderberg joins the Ambulatory Therapy and Diagnostic Assessment program and accepts many health plans, including several commercial plans, Medicare, and Medicaid.

Specializing in relationship issues, women's issues, trauma/PTSD, abuse, chronic pain management, and adoption, Julie uses simple, body-based techniques to calm the nervous system and create lasting change. She also specializes in system navigation and caregiver support, which helps individuals, families, and caregivers find and access the appropriate mental health services and resources. This involves identifying needs, addressing barriers to care, and connecting people with the right support.

With over 25 years of experience, Julie helps people heal, grow, and feel more at ease in their own skin. "Whether I'm working with a child learning to trust again, an adult processing grief, or a family rebuilding relationships, I am driven by the privilege of witnessing transformation. I value the therapeutic relationship as a partnership—walking alongside clients as they rediscover their strengths and write new chapters for their lives."

The program has an easy-to-use platform that allows you to select a trusted mental health provider who can provide telehealth visits in Minnesota. Adults and children are welcome! Patients can view the in-network health plans, available times, and special areas of interest for each provider.

Referral options are available for diagnostic assessments, short-term therapy, or long-term therapy. Short-term therapy can fill the gap until patients are able to get into another local practice, get a learning plan in place at school, or address short term goals they may have.

Our program is currently available at Duluth, Ely, and Grand Marais locations. Rural sites include Ely-Bloomenson Community Hospital and North Shore Health. Talk with your doctor or hospital for more information.

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About Wilderness Health- a non-profit collaborative of independent providers working together to improve rural health care in Northeastern Minnesota and Wisconsin. Headquartered in Two Harbors since 2013, Wilderness Health aims to create a unified and supportive network for its members through its core values of collaboration, independence, networking, and quality.

Wilderness Health Members:

Aspirus Lake View
Aspirus St. Luke's
Bigfork Valley Hospital
Community Memorial Hospital
Cook Hospital
Ely-Bloomenson Community Hospital
Fairview Range / Range Regional Health Services
Grand Itasca Clinic & Hospital
Aspirus Lake View
North Shore Health
Aspirus St. Luke's

For more information visit www.wildernesshealthmn.org.