



RISE WELLNESS

JULY 2026

SUMMER NEWSLETTER

RESET. REFOCUS. RISE.

MEET SHENA F. MARKETING INTERN



Shena F. Class of 2028

Hi, I'm Shena, a college student and summer intern at Rise Wellness. I'm a college junior, a marketing major and college athlete. This summer, I've been working on improving engagement, updating the website, and helping with social media. My goal is to help Rise Wellness continues to grow.

This month, I am the guest writer for the newsletter. I've had great learning experiences this summer at Rise Wellness and hope to see you again in the future.



SPRAVATO

We now offer Spravato. Spravato (esketamine) is an FDA-approved nasal spray used to treat depression. It may also be used for adults with major depression who are experiencing suicidal thoughts. Treatments are typically given twice a week at first, then gradually reduced to once a week or every two weeks.

CLINIC CLOSURE

Dr. Nyla will be on medical leave from August 10-17th. No appointments will be scheduled during that week. The clinic will have medical coverage. Ashley Hogan, PMHNP will cover for Dr. Nyla.

Kisha W. will answer phone calls and connect you with NP Hogan if needed.



463-676-4745



[risewellnessofindiana.com](https://www.risewellnessofindiana.com)



320 N. Meridian St, Indpls, IN

5 WAYS TO SUPPORT YOUR LGBTQIA+ TEEN



Dr. Nyla chatting with local teens about medical careers

June is Pride Month, it is a time to celebrate being yourself and supporting others. For LGBTQIA+ teens, having caring adults in their lives can make a big difference.

You do not need to have all the answers to be supportive. Listening, being kind, and showing respect can help your teen feel safe and accepted. Using the name and pronouns they ask for and keeping communication open can help build trust

At Rise Wellness, we believe every teen deserves to feel valued, supported, and loved for who they are. Small acts of kindness and acceptance can help young people grow with confidence and feel like they belong.

Listen First. Give your teen space to share their thoughts and feelings. Listening without judgment helps them feel safe and understood.

Use their name and pronouns. Using the name and pronouns your teen asks for shows respect and helps them feel accepted.

Keep Learning. It's okay if you don't know anything. Being open to learning shows your teen that you care and want to support them.

Create a safe space at home. Small actions, like speaking kindly and respecting differences, can help your teen feel comfortable being themselves.

Remind them they are loved. A simple “I love you” or “I’m here for you” can go a long way. Knowing they have your support can make a big difference.

MEN'S MENTAL HEALTH MATTERS

June was Men's Mental Health Awareness Month. But at Rise Wellness, we believe that every month is Men's Mental Health Month. Mental health is just as important as physical health, but many men feel pressure to stay strong, handle problems on their own, or keep their feelings to themselves. Over time, this can lead to stress, anxiety, and feeling overwhelmed.

Taking care of your mental health is an important part of taking care of yourself. This means getting enough rest, staying active, talking with someone you trust, or making time for things you enjoy. It is also okay to ask for help when life feels difficult. Reaching out for support is a sign of strength, not weakness.

At Rise Wellness, we encourage men to make their mental health a priority. Taking small steps to care for you well being can make a big difference for you, your family, and the people who care about you.



MORE UPDATES



MEDICATION SAMPLES

We have a limited number of brand named samples and cost savings coupons available.



INSURANCE ACCEPTED

We continue to add insurance options. We are now in network with Human and Cigna.



CLOSED ON SUNDAYS

We will be closed on Sundays. Non-urgent calls and messages will be addressed on Monday. Our team will reserve Sunday as a day of rest and recharge.
