

Body and Mindfully
healthy

Mental Health Care Rooted in Connection,
Growth & Whole-Person Wellness



**MEDIA KIT
2026**

Virginia-based mental health practice
Counseling • Trauma-Informed Care • Education • Community

About Body and Mindfully Healthy

Body and Mindfully Healthy is a Virginia-based behavioral health practice committed to making compassionate, evidence-based mental health care accessible while recognizing that wellness involves the whole person.

Through counseling, trauma-informed treatment, professional supervision, community partnerships, education, and advocacy, our team works to strengthen the mental health and well-being of the individuals, families, professionals, and communities we serve.

**Our philosophy is reflected in our name:
mental and physical well-being are deeply connected.**

Our Mission

Helping people build healthier relationships with their minds, bodies, relationships, and lives.

Our work extends beyond the therapy office. We seek to strengthen mental health within our communities through accessible behavioral health services, trauma-informed treatment, education, professional training and supervision, community partnerships, early childhood consultation, advocacy, and development of the next generation of mental health professionals.

Services & Clinical Focus

Individual Counseling

Individualized care for children, adolescents, and adults experiencing mental health concerns, relationship challenges, stressors, and life transitions.

Trauma-Informed Treatment & EMDR

A strong emphasis on trauma-informed care, including Eye Movement Desensitization and Reprocessing (EMDR) therapy.

Family-Focused Services

Therapeutic and specialized family-focused services designed to support children, caregivers, and family systems.

Clinical Supervision

Support for the development of Virginia's next generation of counselors through clinical supervision for Residents in Counseling.

Professional Consultation & Education

Consultation, training, and education related to mental health, trauma-informed care, clinical practice, professional development, and behavioral health systems.

Areas of clinical focus across the practice:

Trauma & PTSD • Anxiety • Depression • Grief & Loss • Life Transitions • Relationship Concerns • Women's Mental Health • Children's Mental Health • Stress & Burnout • Attachment • Family Concerns

Rooted in Southwest Virginia

Body and Mindfully Healthy provides services through offices in Southwest Virginia, along with telehealth options that allow eligible clients to receive counseling throughout Virginia.

Our presence in Southwest Virginia gives us a particular understanding of the opportunities and challenges associated with providing high-quality behavioral health services in rural and Appalachian communities.

**We believe where someone lives
should not determine whether they have access to
compassionate, competent mental health care.**

Primary Community

Virginia, with a strong concentration throughout Southwest Virginia and service availability extending through telehealth.



Melissa Londry, LPC, NCC

**Founder & Practice Owner | Licensed Professional Counselor |
National Certified Counselor | EMDR Certified Therapist |
EMDR Consultant-in-Training | Virginia Board-Approved Supervisor**

Melissa Londry founded Body and Mindfully Healthy with a vision of creating mental health services that recognize the connection between emotional health, physical well-being, relationships, community, and lived experience.

Melissa earned her Master's Degree in Clinical Psychology from Radford University and has been licensed as a Professional Counselor by the Virginia Board of Counseling since 2015. Her professional work includes clinical counseling, trauma treatment, EMDR, clinical supervision, practice leadership, mental health consultation, professional education, and community advocacy.

She has provided supervision to developing behavioral health professionals since 2017 and is an EMDRIA Consultant-in-Training.

Outside of clinical work, Melissa is an endurance runner, running coach, race director, writer, and advocate for safer and more trauma-informed recreational communities. She has completed distances ranging from the 5K to 240 miles and brings her understanding of movement, resilience, community, and mental wellness into many aspects of her professional work.



Media & Speaking Topics

Mental Health & Therapy

Anxiety and depression • Trauma and PTSD • EMDR therapy • Grief and life transitions • Stress and burnout • Mental health stigma • Finding the right therapist • Access to mental health care

Children & Families

Children's mental health • Attachment • Parenting and family relationships • Social-emotional development • Early childhood mental health • Family stability and reunification

Professional Mental Health Practice

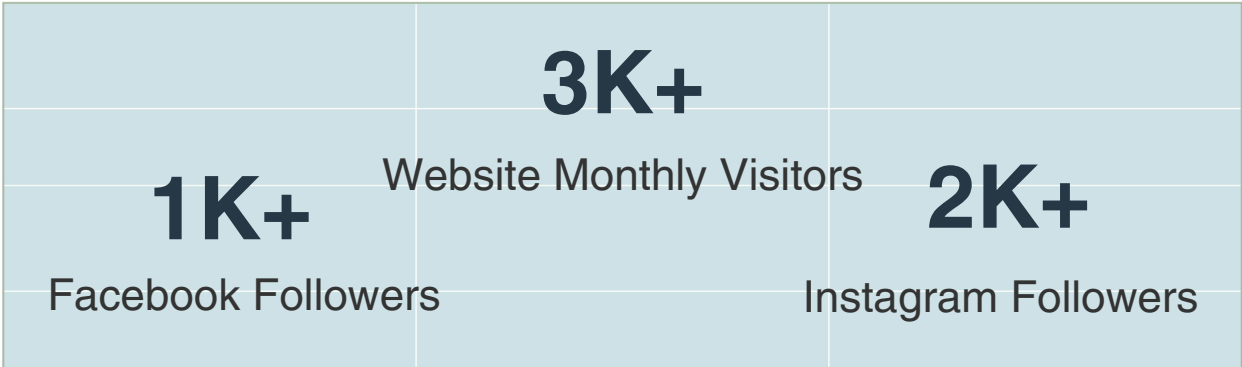
Counselor development • Clinical supervision • Becoming a counselor in Virginia • Resident in Counseling education • Ethical private practice development • Behavioral health workforce development • Rural mental health care

Trauma-Informed Communities

Trauma-informed organizations • Psychological safety • Sexual harassment and sexual assault prevention • Mental health within athletic communities • Safer running and recreational spaces • Mental health and endurance sports

Our Online Reach

Body and Mindfully Healthy uses digital platforms to extend mental health education beyond the counseling office. Our content is designed to make mental health information approachable, useful, compassionate, and grounded in professional expertise.



Content themes:

- Mental health education • Therapist insights • Trauma-informed resources • Staff spotlights • Community resources • Wellness education • Practice updates • Professional education

Ways to Work With Us

Body and Mindfully Healthy welcomes opportunities to collaborate with organizations whose work aligns with our commitment to mental health, wellness, education, and healthier communities.

Expert Interviews

Professional perspectives for print, television, digital publications, podcasts, and other media.

Speaking & Training

Trauma-informed care, mental health, EMDR, professional development, clinical supervision, workplace wellness, and community mental health.

Podcast & Media Appearances

Accessible conversations that translate professional mental health knowledge for broader audiences.

Educational Content

Articles, blogs, educational campaigns, interviews, and public mental health resources.

Community Partnerships

Collaboration with organizations, schools, agencies, healthcare providers, and community initiatives.

Professional Expertise + Authentic Community Connection

Body and Mindfully Healthy occupies a unique space at the intersection of mental health, whole-person wellness, trauma-informed care, and community.

MENTAL HEALTH	WHOLE-PERSON WELLNESS
TRAUMA-INFORMED CARE	COMMUNITY

We are especially interested in partnerships that prioritize mental health education, community wellness, trauma-informed practices, healthy relationships, children's and family well-being, rural healthcare access, professional development, movement and mental wellness, and safer and more inclusive communities.

All collaborations are considered through the lens of professional ethics, clinical responsibilities, privacy, and organizational values.

Media Guidelines & Contact

Protecting client confidentiality is central to our work. Body and Mindfully Healthy does not disclose information that could identify current or former clients without appropriate authorization.

Client stories, testimonials, or clinical examples should never be assumed to represent actual clients unless explicitly identified and appropriately authorized. General educational information provided by our clinicians does not constitute an individual therapeutic relationship, diagnosis, or treatment recommendation.

Connect With Us

Website: <https://www.bodyandmindfullyhealthy.com>

Facebook: Body and Mindfully Healthy

Instagram: @bodyandmindfullyhealthy

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Media, Speaking & Partnership Inquiries

Melissa Londry, LPC, NCC

Founder & Practice Owner

Body and Mindfully Healthy

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Body and Mindfully Healthy believes mental health care should extend beyond treating symptoms. We help people understand their experiences, strengthen their relationships, reconnect with themselves, and build healthier lives - mindfully.