



Rooted Care

— PSYCHOTHERAPY —

*Rooted in strength.
Growing in purpose.*

Compassionate therapy.
Purposeful healing.
Empowered lives.

At Rooted Care Psychotherapy, I provide a safe, supportive space where healing takes root and growth becomes possible. My approach is client-centered, culturally responsive, and grounded in empathy and evidence-based care.



Dr. LaShanda Neal, LCSW
Owner & Psychotherapist

OUR THERAPY SERVICES



Individual Therapy (18+)

Personalized support
for life's challenges



Anxiety & Stress Support

Manage worry,
overwhelm, and
find balance



Life Transitions

Navigate change
with clarity and
confidence



Women's Wellness

Empowering
women at every
stage of life



Culturally Responsive Care

Honoring your story,
your culture, your
truth



Proudly holding a Doctor of Social Work (DSW)

My doctoral journey has
deepened my commitment
to advancing mental health
care, social equity, and
meaningful change.



VIRTUAL THERAPY ACROSS TEXAS

Receive quality,
compassionate care
from the comfort
of your home.



YOU DON'T HAVE TO GO THROUGH IT ALONE.

Let's root into healing
together and create a life
aligned with strength
and purpose.

LET'S CONNECT

- ✉ info@RootedCareTherapy.com
- ☎ 469-940-5810
- 🌐 <https://care.headway.co/providers/lashanda-neal>



SCHEDULE YOUR CONSULTATION TODAY

Begin your healing
journey with Rooted Care.

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