



SOKYA

Feel Your Best

Sokya makes it easier to find a great therapist in Idaho

Now therapy is more accessible than ever with Sokya's team of therapists available to meet you online or in person. We're here to help you no matter where you are.

Mental health is more than just therapy. Sokya offers a full circle of resources including group support, self-care, life coaching and medication management.

- ✓ Stress management
- ✓ Anxiety
- ✓ Depression
- ✓ Relationship challenges
- ✓ Family issues



We're part of your community.
We understand your unique challenges.
Let's work together to discover
your balance.

Welcome to Full Circle Mental Wellness

A diverse, extensive collection of evidence-based and complementary wellness resources from around the globe.



Self-Care



Coaching



Therapy



Medication Management



Group Support



Sokya accepts most commercial insurance plans.



No waitlists!

Making Mental Wellness More Accessible
for Everyone With offices in Boise and
virtual appointments available.

You don't have to wait to feel your best,
call our Care Coordinators today to
schedule your appointment. It's free!



1-866-65-SOKYA



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1-866-876-5926



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sokyahealth.com