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## our SERVICES



### copywriting *\$10 / 100 words*

Our expertise in content marketing and SEO, combined with a background in print and digital journalism, will give you a leg above the competition in the mental healthcare field. Includes outline, rough draft, and final draft, along with hyperlinked academic sources.

### social media *\$50 / 2 weeks*

If you know you need to be on social media, but feel utterly confused by the hashtags and reels, we've got your back. We provide full-service content scheduling for Instagram, Pinterest, Facebook, and more, so you can wipe your hands of the digital realm. Includes customized social media templates, captions, optimized hashtags, scheduling, and analysis.

### custom packages *By discretion.*

Need to bundle multiple content marketing and social media management services? Reach out to us and we will create an affordable package for you, paid on a monthly retainer basis. (We also provide discounted rates on single services for clinicians who provide free or low-cost services in the community - please contact us for details.)



## who we are

If you're a mental health professional who feels like all this "marketing stuff" is out of their element, Flow Media can help. We create evidence-based, SEO-friendly content for websites, blog posts, and social media, with a special emphasis on working with independent clinicians, group practices, and inpatient treatment facilities for depression, anxiety, eating disorders, addiction, and more. Our business is led by a mental health patient, with a culturally sensitive and trauma-informed lens that will bring your practice in line with the current standards of care.