



Your Website Score

# Review of [Mentalzon.com](https://Mentalzon.com)

Generated on 2024-06-03

## Introduction

This report provides a review of the key factors that influence the SEO and usability of your website.

The homepage rank is a grade on a 100-point scale that represents your Internet Marketing Effectiveness. The algorithm is based on 70 criteria including search engine data, website structure, site performance and others. A rank lower than 40 means that there are a lot of areas to improve. A rank above 70 is a good mark and means that your website is probably well optimized.

Internal pages are ranked on a scale of A+ through E and are based on an analysis of nearly 30 criteria.

Our reports provide actionable advice to improve a site's business objectives.

Please contact us for more information.

## Table of Contents

Search Engine Optimization

Mobile

Visitors

Link Analysis

Usability

Technologies

Social

## Iconography



Good



To Improve



Errors



Not Important



Hard to solve



Little tough to solve



Easy to solve



No action necessary

✔ **Title Tag** Find Therapists and Counselors Online | Mentalzon  
⚙️⚙️⚙️  
**Length:** 49 character(s)

Ideally, your title tag should contain between 10 and 70 characters (spaces included).

Make sure your title is explicit and contains your most important keywords.

Be sure that each page has a unique title.

✔ **Meta Description** A Free Therapist and Counselor Directory. Find Therapists and Counselors who offer online therapy and online counseling sessions.  
⚙️⚙️⚙️  
**Length:** 129 character(s)

Meta descriptions contains between 100 and 300 characters (spaces included).

It allow you to influence how your web pages are described and displayed in search results.

Ensure that all of your web pages have a unique meta description that is explicit and contains your most important keywords (these appear in bold when they match part or all of the user's search query).

A good meta description acts as an organic advertisement, so use enticing messaging with a clear call to action to maximize click-through rate.

⊙ **Meta Keywords** online therapy, online counseling, psychologists, therapists, counselors, counseling online, therapy online, psychology, psychotherapy, therapist near me, counselor near me, therapy, mental health  
⚙️⚙️⚙️

Meta Keywords are a specific type of meta tag that appear in the HTML code of a Web page and help tell search engines what the topic of the page is.

However, google can't use meta keywords.

## Google Preview

[Find Therapists and Counselors Online | Mentalzon](#)  
[mentalzon.com/](#)

A Free Therapist and Counselor Directory. Find Therapists and Counselors who offer online therapy and online counseling sessions.

This is an example of what your Title Tag and Meta Description will look like in Google search results.

While Title Tags & Meta Descriptions are used to build the search result listings, the search engines may create their own if they are missing, not well written, or not relevant to the content on the page.

Title Tags and Meta Descriptions are cut short if they are too long, so it's important to stay within the suggested character limits.

## Headings

<H1>	<H2>	<H3>	<H4>	<H5>	<H6>
3	6	0	0	2	0

<H1> Find Therapists and Counselors For Online or In-person Counseling & Therapy Services. </H1>

<H1> Potential benefits of a free initial consultation </H1>

<H2> Mentalzon is a unique mental health platform where you can feel trusted and confident in receiving high-quality and effective counseling or therapy at any point in your life, no matter what the problem may be. </H2>

<H2> What are the benefits of a free consultation? </H2>

<H2> Who is a free consultation suitable for? </H2>

<H2> Important: </H2>

<H2> Another key advantage for Specialist </H2>

<H2> It's important to note that the initial consultation differs from a typical therapy session: </H2>

<H5> Select Language </H5>

Use your keywords in the headings and make sure the first level (H1) includes your most important keywords. Never duplicate your title tag content in your header tag.

While it is important to ensure every page has an H1 tag, never include more than one per page. Instead, use multiple H2 - H6 tags.

## Keywords

free 17 therapy 16 help 10 therapist 10 consultation 10  
 find 9 family 8 counseling 8 issues 7 psychologist 7  
 will 7 initial 7 more 6 licensed 6 counselor 6

This Keyword Cloud provides an insight into the frequency of keyword usage within the page.


It's important to carry out keyword research to get an understanding of the keywords that your audience is using. There are a number of keyword research tools available online to help you choose which keywords to target.

## Keyword Consistency

Keywords	Freq	Title	Desc	<H>
free	17	✗	✓	✓
therapy	16	✗	✓	✓
help	10	✗	✗	✗
therapist	10	✓	✓	✓
consultation	10	✗	✗	✓
find	9	✓	✓	✓
family	8	✗	✗	✗
counseling	8	✗	✓	✓
issues	7	✗	✗	✗
psychologist	7	✗	✗	✗
will	7	✗	✗	✗
initial	7	✗	✗	✓
more	6	✗	✗	✗
licensed	6	✗	✗	✗
counselor	6	✓	✓	✓

This table highlights the importance of being consistent with your use of keywords.

To improve the chance of ranking well in search results for a specific keyword, make sure you include it in some or all of the following: page URL, page content, title tag, meta description, header tags, image alt attributes, internal link anchor text and backlink anchor text.

We found 56 images on this web page  
 48 ALT attributes are empty or missing.

/assets/flags/4x3/as-2f34ac247dafb12bf573cd9c527a6c4a.svg  
/assets/flags/4x3/ar-83514108ee282e9cf734573a360cb0c4.svg  
/assets/flags/4x3/am-6a9de6f2c1bfbc4ea26d1b94c18d08e8.svg  
/assets/flags/4x3/au-10c901181d122cec1dc47055e7732d67.svg  
/assets/flags/4x3/at-8dc68995ec419a9440a25fadcd2d8193d.svg  
/assets/flags/4x3/br-155348d0d5ca941fc05473797fa203b8.svg  
/assets/flags/4x3/bg-5a32d80ff45984bc53108bc3138df0e7.svg  
/assets/flags/4x3/ca-ad1527142564751eb7b82845333e6593.svg  
/assets/flags/4x3/co-eefa6c2cd269ce7da90dc5ac0d78a48a.svg  
/assets/flags/4x3/cy-b3ef7d784e6260167591594e5c61350f.svg  
/assets/flags/4x3/eg-34cb0b1f6dcb54334a4b2581cc7b742a.svg  
/assets/flags/4x3/ee-2b95c4e2e07a2e7d305ae498df017b1b.svg  
/assets/flags/4x3/fr-61406a35038d8bda515f096bd8e06be6.svg  
/assets/flags/4x3/de-78feb91bfda2ddce6bcfdcbab050995b.svg  
/assets/flags/4x3/gr-32ae0eae6746f98eb82ede027c73e539.svg  
/assets/flags/4x3/hk-72724f7f2754d1c2fa9a5f758d4046f0.svg  
/assets/flags/4x3/hu-966f49336f7466efd6f8dbe19f9c300.svg  
/assets/flags/4x3/in-fd8e911182680a39719929a06ae8658b.svg  
/assets/flags/4x3/ie-1c12635a2932de4b8036779933a84d97.svg  
/assets/flags/4x3/il-519847287bb66fbec84a8233cf5597d5.svg  
/assets/flags/4x3/it-1d72a5dec3acd073763570e3e5fd784.svg  
/assets/flags/4x3/jo-414c8c7ba27ed41c53c2f6826ae16aa7.svg  
/assets/flags/4x3/xk-ba8a34999c06b7eb63d52bae1180bc1d.svg  
/assets/flags/4x3/lb-a3b4e0301fde6907c57c1a5b6b143f54.svg  
/assets/flags/4x3/my-9a1a93aaa2704d50b2796a93a8f4ebd2.svg  
/assets/flags/4x3/mt-f5c28c0a6c18fc4085c08a50ecfb6d6b.svg  
/assets/flags/4x3/mx-d326007cf87dba95a56cb4a25b408558.svg  
/assets/flags/4x3/np-3b6c910ac6f2d3c79c9e0a591fc5fe78.svg  
/assets/flags/4x3/nl-f685765a298db5ba59fddfa6de08020e.svg  
/assets/flags/4x3/nz-dd987077e71e1288a73dea2b2d1f7f0d.svg  
/assets/flags/4x3/ng-9eea84efdc0eb2553b9d3502feac044d.svg  
/assets/flags/4x3/pk-8a893a8934a1b18a440edcba41656228.svg  
/assets/flags/4x3/ph-43421e89e2f84abf0d055aa78784c16e.svg  
/assets/flags/4x3/pl-f7adaa942c63ca98f1d2362bc67c45e3.svg  
/assets/flags/4x3/pt-a36b3d87508ad8f6a6bc6787bbe808ed.svg  
/assets/flags/4x3/qa-9dfdc1ae61fc572c4d2f7b329a3eeeb5.svg  
/assets/flags/4x3/ro-e9130a28a9ba2b93433f21a2cd5971f3.svg  
/assets/flags/4x3/rs-21a074040a11f7538c59d77d391ca492.svg  
/assets/flags/4x3/sg-b8d345820ac52f8187155ff5c79ef5b0.svg  
/assets/flags/4x3/za-e2da160e9ab8e677ecb0a95be5689e93.svg  
/assets/flags/4x3/es-426a1551c98dbbe2a847dd8fd0e2eb5b.svg  
/assets/flags/4x3/lk-9018cbe9a08c7c446eb40150013dc91f.svg  
/assets/flags/4x3/ch-0d84f2aff4cb8fb5193b3e1ee407df68.svg  
/assets/flags/4x3/tr-4dd4b60c8a5e3dad5e65fdfa9745c03f.svg  
/assets/flags/4x3/ua-f120e56639443c3abc1345d0df86406b.svg  
/assets/flags/4x3/ae-42d71570eaa84e61032f934cc8296e79.svg  
/assets/flags/4x3/gb-fcfef6780b36bef537381474df9d0be9.svg  
/assets/flags/4x3/us-8886b28b10e3ec0756a9935a216d5bba.svg

Alternative text is used to describe images to give the search engine crawlers (and the visually impaired).

Also, more information to help them understand images, which can help them to appear in Google Images search results.



### Text/HTML Ratio



HTML to Text Ratio is: **6.3%**

Text content size 12694 bytes

Total HTML size 201588 bytes

Code to text ratio represents the percentage of actual text on a web page compared to the percentage of HTML code, and it is used by search engines to calculate the relevancy of a web page.

A higher code to text ratio will increase your chances of getting a better rank in search engine results.



### GZIP compression



Wow! It's GZIP Enabled.

✓ Your webpage is compressed from 197 KB to 19 KB (90.5 % size savings)

Gzip is a method of compressing files (making them smaller) for faster network transfers.

It allows to reduce the size of web pages and any other typical web files to about 30% or less of its original size before it transfer.

 **IP Canonicalization** No your domain IP 172.67.197.204 does not redirect to mentalzon.com  


To check this for your website, enter your IP address in the browser and see if your site loads with the IP address. Ideally, the IP should redirect to your website's URL or to a page from your website hosting provider. If it does not redirect, you should do an htaccess 301 redirect to make sure the IP does not get indexed.

 **URL Rewrite** Good, all URLs look clean and friendly  


Your site's URLs contain unnecessary elements that make them look complicated. A URL must be easy to read and remember for users. Search engines need URLs to be clean and include your page's most important keywords. Clean URLs are also useful when shared on social media as they explain the page's content.

 **Underscores in the URLs** Great, you are not using underscores (these\_are\_underscores) in your URLs  


Great, you are not using ?underscores (these\_are\_underscores) in your URLs. While Google treats hyphens as word separators, it does not for underscores.



✔ **WWW Resolve** Great, a redirect is in place to redirect traffic from your non-preferred domain.  
⚙️⚙️⚙️

Redirecting requests from a non-preferred domain is important because search engines consider URLs with and without "www" as two different websites.

✔ **XML Sitemap** Good, you have XML Sitemap file!  
⚙️⚙️⚙️  
<http://mentalzon.com/sitemap.xml>

A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.

We recommend that you generate an XML sitemap for your website and submit it to both Google Search Console and Bing Webmaster Tools. It is also good practice to specify your sitemap's location in your robots.txt file.

✔ **Robots.txt** Good, you have Robots.txt file!  
⚙️⚙️⚙️  
<http://mentalzon.com/robots.txt>

A robots.txt file allows you to restrict the access of search engine robots that crawl the web and it can prevent these robots from accessing specific directories and pages. It also specifies where the XML sitemap file is located.

You can check for errors in your robots.txt file using Google Search Console (formerly Webmaster Tools) by selecting 'Robots.txt Tester' under 'Crawl'. This also allows you to test individual pages to make sure that Googlebot has the appropriate access.

 **Embedded Objects** Perfect, no embedded objects has been detected on this page  


Embedded Objects such as Flash. It should only be used for specific enhancements.  
Although Flash content often looks nicer, it cannot be properly indexed by search engines.  
Avoid full Flash websites to maximize SEO.

 **Iframe** Perfect, no Iframe content has been detected on this page  


Frames can cause problems on your web page because search engines will not crawl or index the content within them.  
Avoid frames whenever possible and use a NoFrames tag if you must use them.

 **Domain Registration** Exactly how many years and months  


Domain Age: 3 Years, 236 Days

Created Date: 10th-Oct-2020

Updated Date: 8th-Feb-2024

Expiry Date: 10th-Oct-2026

Domain age matters to a certain extent and newer domains generally struggle to get indexed and rank high in search results for their first few months (depending on other associated ranking factors). Consider buying a second-hand domain name.  
Do you know that you can register your domain for up to 10 years? By doing so, you will show the world that you are serious about your business.

 **Indexed Pages**  


Indexed pages in search engines

-33,739,739,751,027  
Page(s)

This is the number of pages that we have discovered on your website.

A low number can indicate that bots are unable to discover your webpages, which is a common cause of a bad site architecture & internal linking, or you're unknowingly preventing bots and search engines from crawling & indexing your pages.

 **Backlinks Counter**  


Number of backlinks to your website

0 Backlink(s)

Backlinks are links that point to your website from other websites. They are like letters of recommendation for your site.

Since this factor is crucial to SEO, you should have a strategy to improve the quantity and quality of backlinks.



## URL

http://mentalzon.com  
**Length:** 9 characters

Keep your URLs short and avoid long domain names when possible.

A descriptive URL is better recognized by search engines.

A user should be able to look at the address bar and make an accurate guess about the content of the page before reaching it (e.g., http://www.mysite.com/en/products).



## Favicon

**M** Great, your website has a favicon.

Favicons improve a brand's visibility.

As a favicon is especially important for users bookmarking your website, make sure it is consistent with your brand.



## Custom 404 Page

Great, your website has a custom 404 error page.

When a visitor encounters a 404 File Not Found error on your site, you're on the verge of losing the visitor that you've worked so hard to obtain through the search engines and third party links.

Creating your custom 404 error page allows you to minimize the number of visitors lost that way.

✔ **Page Size**  
⚙️⚙️⚙️

197 KB (World Wide Web average is 320 Kb)

Two of the main reasons for an increase in page size are images and JavaScript files.  
Page size affects the speed of your website; try to keep your page size below 2 Mb.  
Tip: Use images with a small size and optimize their download with gzip.

✔ **Load Time**  
⚙️⚙️⚙️

0.62 second(s)

Site speed is an important factor for ranking high in Google search results and enriching the user experience.  
Resources: Check out Google's developer tutorials for tips on how to make your website run faster.

✔ **Language**  
⚙️⚙️⚙️

Good, you have declared your language  
Declared Language: English

Make sure your declared language is the same as the language detected by Google  
Also, define the language of the content in each page's HTML code.

## Domain Availability



Domains (TLD)	Status
mentalzon.net	Available
mentalzon.org	Already Registered
mentalzon.biz	Already Registered
mentalzon.us	Available
mentalzon.info	Already Registered

Register the various extensions of your domain to protect your brand from cybersquatters.

## Typo Availability



Domains (TLD)	Status
mentalzon.com	Available
hentalzon.com	Available
jentalzon.com	Available
kentalzon.com	Available
lentalzon.com	Available

Register the various typos of your domain to protect your brand from cybersquatters.



### Email Privacy

Good, no email address has been found in plain text.



We don't recommend adding plain text/linked email addresses to your webpages.

As malicious bots scrape the web in search of email addresses to spam. Instead, consider using a contact form.



### Safe Browsing

The website is not blacklisted and looks safe to use.



Safe Browsing to identify unsafe websites and notify users and webmasters so they can protect themselves from harm.



## Mobile Friendliness



Awesome! This page is mobile-friendly!  
Your mobile friendly score is 80/100

Mobile Friendliness refers to the usability aspects of your mobile website, which Google uses as a ranking signal in mobile search results.



## Mobile Compatibility

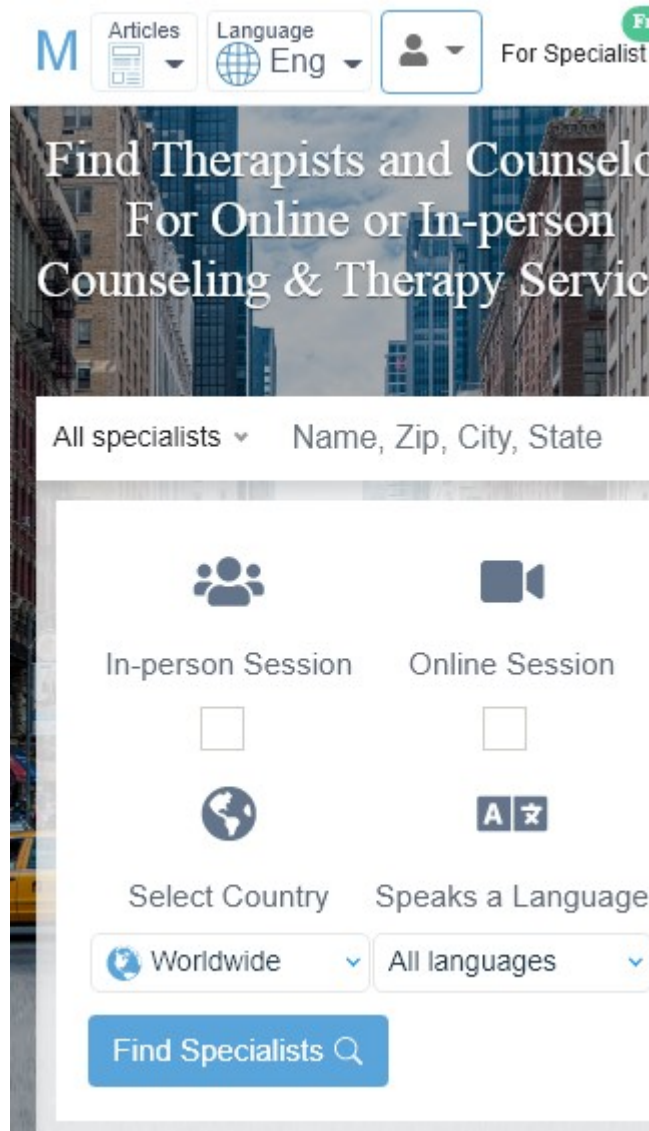


Perfect, no embedded objects detected.

Embedded Objects such as Flash, Silverlight or Java. It should only be used for specific enhancements.

But avoid using Embedded Objects, so your content can be accessed on all devices.





The number of people using the Mobile Web is huge; over 75 percent of consumers have access to smartphones. ??

Your website should look nice on the most popular mobile devices.

Tip: Use an analytics tool to track mobile usage of your website.

## Server IP



Server IP	Server Location
104.21.60.151	pad}})else{map.setView(points[0],9)}});t.appendChild(btn);}var observer

Your server's IP address has little impact on your SEO. Nevertheless, try to host your website on a server which is geographically close to you. Search engines take the geolocation of a server into account as well as the server speed.

## Speed Tips



Tips for authoring fast-loading HTML pages:

- ✓ Perfect, your website has few CSS files.
- ✓ Perfect, your website has few JavaScript files.
- ✓ Perfect, your website doesn't use nested tables.
- ✗ Too bad, your website is using inline styles.

Website speed has a huge impact on performance, affecting user experience, conversion rates and even rankings.

By reducing page load-times, users are less likely to get distracted and the search engines are more likely to reward you by ranking your pages higher in the SERPs.

Conversion rates are far higher for websites that load faster than their slower competitors.

## Analytics



We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website.

You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.



## Doc Type

Your Web Page doctype is HTML 5



The Doctype is used to instruct web browsers about the document type being used.

For example, what version of HTML the page is written in.

Declaring a doctype helps web browsers to render content correctly.



## W3C Validity

W3C not validated



W3C is a consortium that sets web standards.

Using valid markup that contains no errors is important because syntax errors can make your page difficult for search engines to index. Run the W3C validation service whenever changes are made to your website's code.



## Encoding

Great, language/character encoding is specified: UTF-8



Specifying language/character encoding can prevent problems with the rendering of special characters.

## Social Data

Your social media status

 Facebook: 

 Twitter: 

 Instagram: 

Social data refers to data individuals create that is knowingly and voluntarily shared by them.

Cost and overhead previously rendered this semi-public form of communication unfeasible.

But advances in social networking technology from 2004-2010 has made broader concepts of sharing possible.

 **Traffic Rank**      No Global Rank  


A low rank means that your website gets a lot of visitors.

Your Alexa Rank is a good estimate of the worldwide traffic to your website, although it is not 100 percent accurate.

 **Visitors Localization**      Your website is popular on following countries:  


**No data available**

We recommend that you book the domain names for the countries where your website is popular.

This will prevent potential competitors from registering these domains and taking advantage of your reputation in such countries.

 **Estimated Worth**      \$60 USD  


Just a estimated worth of your website based on Alexa Rank.

## In-Page Links

We found a total of 284 links including both internal & external links of your site

Anchor	Type	Follow
Mentalzon M	Internal Links	Dofollow
All Posts	Internal Links	Dofollow
Articles	Internal Links	Dofollow
Blogs	Internal Links	Dofollow
Login	Internal Links	Dofollow
Sign up	Internal Links	Dofollow
Depression	Internal Links	Dofollow
Relationship Issues	Internal Links	Dofollow
Anxiety	Internal Links	Dofollow
Stress	Internal Links	Dofollow
Panic Attacks	Internal Links	Dofollow
Self Esteem	Internal Links	Dofollow
Trauma and PTSD	Internal Links	Dofollow
American Samoa	Internal Links	Dofollow
Argentina	Internal Links	Dofollow
Armenia	Internal Links	Dofollow
Australia	Internal Links	Dofollow
Austria	Internal Links	Dofollow
Brazil	Internal Links	Dofollow
Bulgaria	Internal Links	Dofollow
Canada	Internal Links	Dofollow
Colombia	Internal Links	Dofollow
Cyprus	Internal Links	Dofollow
Egypt	Internal Links	Dofollow
Estonia	Internal Links	Dofollow
France	Internal Links	Dofollow
Germany	Internal Links	Dofollow
Greece	Internal Links	Dofollow
Hong Kong	Internal Links	Dofollow
Hungary	Internal Links	Dofollow
India	Internal Links	Dofollow
Ireland	Internal Links	Dofollow
Israel	Internal Links	Dofollow
Italy	Internal Links	Dofollow
Jordan	Internal Links	Dofollow
Kosovo	Internal Links	Dofollow
Lebanon	Internal Links	Dofollow
Malaysia	Internal Links	Dofollow
Malta	Internal Links	Dofollow
Mexico	Internal Links	Dofollow
Nepal	Internal Links	Dofollow
Netherlands	Internal Links	Dofollow
New Zealand	Internal Links	Dofollow
Nigeria	Internal Links	Dofollow
Pakistan	Internal Links	Dofollow
Philippines	Internal Links	Dofollow
Poland	Internal Links	Dofollow

Portugal	Internal Links	Dofollow
Qatar	Internal Links	Dofollow
Romania	Internal Links	Dofollow
Serbia	Internal Links	Dofollow
Singapore	Internal Links	Dofollow
South Africa	Internal Links	Dofollow
Spain	Internal Links	Dofollow
Sri Lanka	Internal Links	Dofollow
Switzerland	Internal Links	Dofollow
Turkey	Internal Links	Dofollow
Ukraine	Internal Links	Dofollow
United Arab Emirates	Internal Links	Dofollow
United Kingdom	Internal Links	Dofollow
United States	Internal Links	Dofollow
Addiction	Internal Links	Dofollow
ADHD	Internal Links	Dofollow
Adoption	Internal Links	Dofollow
Agoraphobia	Internal Links	Dofollow
Alcohol Use	Internal Links	Dofollow
Alzheimer's	Internal Links	Dofollow
Anger Management	Internal Links	Dofollow
Antisocial Personality	Internal Links	Dofollow
Anxiety	Internal Links	Dofollow
Asperger's Syndrome	Internal Links	Dofollow
Autism	Internal Links	Dofollow
Behavioral Issues	Internal Links	Dofollow
Betrayal	Internal Links	Dofollow
Bipolar Disorder	Internal Links	Dofollow
Borderline Personality	Internal Links	Dofollow
Burnout	Internal Links	Dofollow
Business Problems	Internal Links	Dofollow
Career Counseling	Internal Links	Dofollow
Career Guidance	Internal Links	Dofollow
Child or Adolescent	Internal Links	Dofollow
Chronic Illness	Internal Links	Dofollow
Chronic Impulsivity	Internal Links	Dofollow
Chronic Pain	Internal Links	Dofollow
Chronic Relapse	Internal Links	Dofollow
Codependency	Internal Links	Dofollow
Communication Skills	Internal Links	Dofollow
Conflicts	Internal Links	Dofollow
Coping Skills	Internal Links	Dofollow
Decision Making	Internal Links	Dofollow
Depression	Internal Links	Dofollow
Developmental Disorders	Internal Links	Dofollow
Dialectical Behavior	Internal Links	Dofollow
Divorce	Internal Links	Dofollow
Domestic Abuse	Internal Links	Dofollow
Domestic Violence	Internal Links	Dofollow
Drug Abuse	Internal Links	Dofollow
Dual Diagnosis	Internal Links	Dofollow
Eating Disorders	Internal Links	Dofollow
Emotional Disturbance	Internal Links	Dofollow

Family Conflict	Internal Links	Dofollow
Fears and Phobias	Internal Links	Dofollow
Gambling	Internal Links	Dofollow
Grief	Internal Links	Dofollow
Group therapy, school prep	Internal Links	Dofollow
Hoarding	Internal Links	Dofollow
Infertility	Internal Links	Dofollow
Infidelity	Internal Links	Dofollow
Insight Oriented	Internal Links	Dofollow
Intellectual Disability	Internal Links	Dofollow
Internet Addiction	Internal Links	Dofollow
Jealousy	Internal Links	Dofollow
Learning Disabilities	Internal Links	Dofollow
Life Coaching	Internal Links	Dofollow
Life Transitions	Internal Links	Dofollow
Loneliness	Internal Links	Dofollow
Marital and Premarital	Internal Links	Dofollow
Medical Detox	Internal Links	Dofollow
Medication Management	Internal Links	Dofollow
Men's Issues	Internal Links	Dofollow
Midlife Crisis	Internal Links	Dofollow
Money Problems	Internal Links	Dofollow
Mood Disorders	Internal Links	Dofollow
Narcissistic Personality	Internal Links	Dofollow
Obesity	Internal Links	Dofollow
Obsessive Behavior	Internal Links	Dofollow
Obsessive-Compulsive Disorder	Internal Links	Dofollow
Opioid Use Disorder MAT	Internal Links	Dofollow
Oppositional Defiance Disorder	Internal Links	Dofollow
Panic Attacks	Internal Links	Dofollow
Parenting	Internal Links	Dofollow
Peer Relationships	Internal Links	Dofollow
Personality Disorders	Internal Links	Dofollow
Postpartum	Internal Links	Dofollow
Pregnancy	Internal Links	Dofollow
Prenatal	Internal Links	Dofollow
Problems with Children	Internal Links	Dofollow
Psychosis	Internal Links	Dofollow
Racial Identity	Internal Links	Dofollow
Relationship Issues	Internal Links	Dofollow
School Issues	Internal Links	Dofollow
Self Esteem	Internal Links	Dofollow
Self-Harming	Internal Links	Dofollow
Sex Therapy	Internal Links	Dofollow
Sexual Abuse	Internal Links	Dofollow
Sexual Addiction	Internal Links	Dofollow
Sleep or Insomnia	Internal Links	Dofollow
Spirituality	Internal Links	Dofollow
Sports Performance	Internal Links	Dofollow
Stress	Internal Links	Dofollow
Substance Use Disorder	Internal Links	Dofollow
Suicidal Ideation	Internal Links	Dofollow
Teen Violence	Internal Links	Dofollow



Testing and Evaluation	Internal Links	Dofollow
Thinking Disorders	Internal Links	Dofollow
Transgender	Internal Links	Dofollow
Trauma and PTSD	Internal Links	Dofollow
Traumatic Brain Injury	Internal Links	Dofollow
Understanding Desires	Internal Links	Dofollow
Video Game Addiction	Internal Links	Dofollow
Wellness Mindfulness Resiliency training	Internal Links	Dofollow
Women's Issues	Internal Links	Dofollow
Acceptance and Commitment (ACT)	Internal Links	Dofollow
Adlerian	Internal Links	Dofollow
Applied Behavioral Analysis	Internal Links	Dofollow
Art Therapy	Internal Links	Dofollow
Attachment-based	Internal Links	Dofollow
Biofeedback	Internal Links	Dofollow
Brainspotting	Internal Links	Dofollow
Christian Counselling	Internal Links	Dofollow
Clinical Supervision and Licensed Supervisors	Internal Links	Dofollow
Coaching	Internal Links	Dofollow
Cognitive Behavioural (CBT)	Internal Links	Dofollow
Cognitive Processing (CPT)	Internal Links	Dofollow
Compassion Focused	Internal Links	Dofollow
Crisis Counseling	Internal Links	Dofollow
Culturally Sensitive	Internal Links	Dofollow
Dance/Movement Therapy	Internal Links	Dofollow
Dialectical Behavior (DBT)	Internal Links	Dofollow
Eclectic	Internal Links	Dofollow
EMDR	Internal Links	Dofollow
Emotionally Focused	Internal Links	Dofollow
Energy Psychology	Internal Links	Dofollow
Existential	Internal Links	Dofollow
Experiential Therapy	Internal Links	Dofollow
Exposure Response Prevention	Internal Links	Dofollow
Expressive Arts	Internal Links	Dofollow
Family / Marital	Internal Links	Dofollow
Family Systems	Internal Links	Dofollow
Feminist	Internal Links	Dofollow
Forensic Psychology	Internal Links	Dofollow
Gestalt	Internal Links	Dofollow
Goal-Based therapy	Internal Links	Dofollow
Gottman Method	Internal Links	Dofollow
Humanistic	Internal Links	Dofollow
Hypnotherapy	Internal Links	Dofollow
Imago	Internal Links	Dofollow
Integrative	Internal Links	Dofollow
Internal Family Systems (IFS)	Internal Links	Dofollow
Interpersonal	Internal Links	Dofollow
Intervention	Internal Links	Dofollow
Jungian	Internal Links	Dofollow
Medication Assisted Treatment	Internal Links	Dofollow
Medication Management	Internal Links	Dofollow
Meditation/Contemplative	Internal Links	Dofollow
Mindfulness-Based (MBCT)	Internal Links	Dofollow

Motivational Interviewing	Internal Links	Dofollow
Multicultural	Internal Links	Dofollow
Music Therapy	Internal Links	Dofollow
Narrative	Internal Links	Dofollow
Neuro-Linguistic	Internal Links	Dofollow
Neurofeedback	Internal Links	Dofollow
Parent-Child Interaction (PCIT)	Internal Links	Dofollow
Person-Centered	Internal Links	Dofollow
Play Therapy	Internal Links	Dofollow
Positive Psychology	Internal Links	Dofollow
Positive Psychotherapy	Internal Links	Dofollow
Prolonged Exposure Therapy	Internal Links	Dofollow
Psychoanalytic	Internal Links	Dofollow
Psychobiological Approach Couple Therapy	Internal Links	Dofollow
Psychodynamic	Internal Links	Dofollow
Psychoeducation	Internal Links	Dofollow
Psychological Testing and Evaluation	Internal Links	Dofollow
Psychopharmacology	Internal Links	Dofollow
Rational Emotive Behavior (REBT)	Internal Links	Dofollow
Reality Therapy	Internal Links	Dofollow
Relational	Internal Links	Dofollow
Sandplay	Internal Links	Dofollow
Schema Therapy	Internal Links	Dofollow
Solution Focused Brief (SFBT)	Internal Links	Dofollow
Somatic	Internal Links	Dofollow
Strength-Based	Internal Links	Dofollow
Structural Family Therapy	Internal Links	Dofollow
Supportive Psychotherapy	Internal Links	Dofollow
Symbol Drama	Internal Links	Dofollow
Transpersonal	Internal Links	Dofollow
Trauma Focused	Internal Links	Dofollow
Art Therapist	Internal Links	Dofollow
Christian Therapist	Internal Links	Dofollow
Clinical Psychologist	Internal Links	Dofollow
Counseling Psychologist	Internal Links	Dofollow
Counselor	Internal Links	Dofollow
Drug & Alcohol Counselor	Internal Links	Dofollow
Hypnotherapist	Internal Links	Dofollow
Licensed Master Social Worker	Internal Links	Dofollow
Licensed Mental Health Counselor	Internal Links	Dofollow
Licensed Professional Counselor	Internal Links	Dofollow
Licensed Psychoanalyst	Internal Links	Dofollow
Life Coach	Internal Links	Dofollow
Limited Licensed Psychologist	Internal Links	Dofollow
Marriage & Family Associate	Internal Links	Dofollow
Marriage & Family Therapist	Internal Links	Dofollow
Marriage & Family Therapist Intern	Internal Links	Dofollow
Muslim Therapist	Internal Links	Dofollow
Occupational Therapist	Internal Links	Dofollow
Pastoral Counselor	Internal Links	Dofollow
Pre-Licensed Professional	Internal Links	Dofollow
Psychiatrist	Internal Links	Dofollow
Psychoanalyst	Internal Links	Dofollow

Psychological Associate	Internal Links	Dofollow
Psychologist	Internal Links	Dofollow
Psychotherapist	Internal Links	Dofollow
Registered Psychotherapist	Internal Links	Dofollow
Social Worker	Internal Links	Dofollow
Therapist	Internal Links	Dofollow
Privacy Policy	Internal Links	Dofollow
Terms of Use	Internal Links	Dofollow
Copyright Policy	Internal Links	Dofollow
Verified	Internal Links	Dofollow
FAQs	Internal Links	Dofollow
Sitemap	Internal Links	Dofollow
Jobs	Internal Links	Dofollow
RSS	Internal Links	Dofollow
Jobs XML	Internal Links	Dofollow
About Us	Internal Links	Dofollow
Contact Us	Internal Links	Dofollow
Chat with Support	Internal Links	Dofollow
Posting Rules	Internal Links	Dofollow
Premium services	Internal Links	Dofollow

While there's no exact limit to the number of links you should include on a page, best practice is to avoid exceeding 200 links.

Links pass value from one page to another, but the amount of value that can be passed is split between all of the links on a page. This means that adding unnecessary links will dilute the potential value attributed to your other links.

Using the Nofollow attribute prevents value from being passed to the linking page, but it's worth noting that these links are still taken into account when calculating the value that is passed through each link, so Nofollow links can also dilute pagerank.



## Broken Links



No broken links were found on this web page

Broken links send users to non-existing web pages. They are bad for your site's usability, reputation and SEO. If you find broken links in the future, take the time to replace or remove each one.