



Ramona Wink M.S., tLMHC

Ramona Wink is a licensed mental health counselor at 515 Therapy and Consulting in West Des Moines and a motivational speaker and change agent. While obtaining a Masters in Clinical Mental Health Counseling at Drake University, Ramona honed her skills as a therapist by providing psychotherapy for a wide range of presenting issues to individuals, couples and groups in a variety of settings. She spent 14 years serving small congregations as a pastoral minister in the Des Moines area. She has a passion for assisting people of all walks of life in making positive changes in their lives.

Ramona's areas of focus also include racial tensions, the mental health toll taken by the plight of farmers and the ag community, and young adults struggling to make the transition into the next phase of their lives.

In addition to her M.A. in Clinical Mental Health, Ramona obtained a B.A. in Mass Communications from the University of Iowa and is a member of the Iowa Mental Health Counselors Association and the American Mental Health Counselors Association. She is the creator and host of the upcoming television program regarding mental health issues in Iowa "Mind If We Talk".