

## America's Best in Medicine Highlights Lilian Smith, LCSW: Owner of Cardinal Counseling Services, LLC

Providing Personalized Mental Health Support to Teens and Adults Across Indiana



**Indianapolis, Indiana Mar 13, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Lilian Smith, LCSW, is a Licensed Clinical Social Worker and the Owner of Cardinal Counseling Services, LLC, offering compassionate, personalized virtual counseling to teens and adults across Indiana. With more than 28 years of experience, Lilian has dedicated her career to supporting clients through life's challenges, including anxiety, depression, grief, trauma, and cultural or ethnic concerns.

As a second-generation Asian Indian, Lilian understands the ways culture and identity shape personal experiences. She is passionate about creating a safe, inclusive environment where every client feels valued and understood. Fluent in both English and Bengali, Lilian is able to connect with diverse communities, tailoring her approach to meet each client's unique needs.

Lilian's therapeutic expertise spans a variety of evidence-based approaches, including cognitive-behavioral therapy, dialectical behavioral therapy, and solution-focused brief therapy. She works with clients across all stages of life—from adolescents navigating developmental challenges to adults and seniors facing complex emotional and life transitions, with a specific commitment to walking alongside others in their grief journey, whether it is the loss of a loved one or pet. Her focus on measurable outcomes, individualized strategies, and adaptive problem-solving ensures that clients receive meaningful and effective support.

Lilian earned her Master of Social Work from Indiana University–Purdue University Indianapolis and a Bachelor of Science in Social Work and Psychology from Purdue University, West Lafayette. Her professional experience includes roles at ReachLink, Headway, Grow Therapy, and Beacon of Change Counseling, where she conducted comprehensive mental health assessments, collaborated with multidisciplinary teams, and developed individualized treatment plans. Across all her roles, Lilian has built a reputation for her ability to form strong therapeutic alliances and facilitate positive, long-lasting outcomes for clients.

Beyond her clinical work, Lilian is deeply committed to community service. She volunteered with Paws & Think, which includes the county youth in a juvenile detention center as one of its numerous venues that support programming for a group of youth teaching basic obedience skills while improving shelter dog adoption outcomes, earning two consecutive nominations for Volunteer of the Year. Her volunteer work reflects a belief in holistic care and the broader impact of community-focused initiatives.

Lilian's dedication to excellence has earned her national recognition, including her selection for America's Best in Medicine in 2025. She attributes her fulfillment to the opportunity to help clients rediscover hope, resilience, and personal growth. "I find the greatest joy in helping my clients achieve a better quality of life. Every step forward—no matter how small—is meaningful, and I am truly honored to walk alongside people as they rediscover hope and healing," she says.

Known for her empathy, strong communication skills, and unwavering commitment to mental health, Lilian Smith continues to provide transformative counseling services while advancing the field through ongoing professional development, mentorship, and advocacy for culturally-informed care. Her work underscores the importance of personalized therapy, community engagement, and empowering clients to embrace their journey toward emotional well-being.

### **Learn more about Lilian Smith:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/lilian-smith>, or through her website, <https://cardinalcounselingindiana.com/>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their

core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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