







# Website review rducounselingforchange.com

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The score is 56/100







## SEO Content

	<p>Title</p>	<p>RDU Counseling for Change   Counseling   4030 Wake Forest Road, Raleigh, NC, USA</p> <p><b>Length : 80</b></p> <p>Ideally, your title should contain between 10 and 70 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>										
	<p>Description</p>	<p>RDU Counseling for Change provides mental health counseling for individuals, couples and families in North Carolina. We treat anxiety, depression, PTSD, OCD, mood disorders, relationship issues, and grief. Our licensed counselors are available for a free 15-minute phone consultation.</p> <p><b>Length : 284</b></p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.</p>										
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>										
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1478 1481 2078"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>RDU Counseling for Change   Counseling   4030 Wake Forest Road, Raleigh, NC, USA</td> </tr> <tr> <td>description</td> <td>RDU Counseling for Change provides mental health counseling for individuals, couples and families in North Carolina. We treat anxiety, depression, PTSD, OCD, mood disorders, relationship issues, and grief. Our licensed counselors are available for a free 15-minute phone consultation.</td> </tr> <tr> <td>url</td> <td>https://www.rducounselingforchange.com</td> </tr> <tr> <td>site_name</td> <td>RDU Counseling for Change</td> </tr> </tbody> </table>	Property	Content	title	RDU Counseling for Change   Counseling   4030 Wake Forest Road, Raleigh, NC, USA	description	RDU Counseling for Change provides mental health counseling for individuals, couples and families in North Carolina. We treat anxiety, depression, PTSD, OCD, mood disorders, relationship issues, and grief. Our licensed counselors are available for a free 15-minute phone consultation.	url	https://www.rducounselingforchange.com	site_name	RDU Counseling for Change
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# SEO Content

	type	website				
Headings	<b>H1</b> 0	<b>H2</b> 32	<b>H3</b> 1	<b>H4</b> 0	<b>H5</b> 0	<b>H6</b> 0
	<ul style="list-style-type: none"><li>• [H2] Your path to hope, healing, and meaningful change begins here</li><li>• [H2] We're here to help</li><li>• [H2] Anxiety</li><li>• [H2] Behavior Challenges</li><li>• [H2] Bipolar Disorder</li><li>• [H2] Communication Issues</li><li>• [H2] We understand how life can easily turn stressful when things don't go as planned. Daily obligations and demands are high, and keeping up the pace can be the fine line between just making it through the day or thriving each day. When conflicts or trauma arise, it's common to feel overwhelmed, isolated, and even hopeless. These moments can leave us searching for a sense of purpose and meaning, often leading us to question our path forward. RDU Counseling for Change provides compassionate counseling that strives to create a safe and non-judgmental space where individuals, couples, and families can express their ideas, feelings, and concerns without fear of criticism. Our goal is to help everyone who enters our care achieve profound support that brings lasting change. By entrusting us, you will gain access to our insights and perspectives, which will guide you toward healing, restoring hope, and building a more resilient and joyful life. Our counselors help explore and heal:<ul style="list-style-type: none"><li>• [H2] Conflict within Family or Relationships</li><li>• [H2] Depression</li><li>• [H2] Eating Disorder</li><li>• [H2] Faith-based Challenges</li><li>• [H2] Grief</li><li>• [H2] Infidelity</li><li>• [H2] Life Transitions</li><li>• [H2] Substance Use</li><li>• [H2] Trauma</li><li>• [H2] Women's Issues</li><li>• [H2] and more!</li></ul></li><li>• [H2] You don't have to do this alone. We're here to help make meaningful change possible.</li><li>• [H2] meet</li><li>• [H2] Call for a Consultation Today!</li><li>• [H2] For a free 15-minute consultation, call:<ul style="list-style-type: none"><li>• [H2] 919-713-0260</li><li>• [H2] Follow RDU Counseling for Change on Instagram</li><li>• [H2] Quick Links</li><li>• [H2] 4030 Wake Forest Road   Suite 206</li><li>• [H2] Raleigh, North Carolina 27609</li><li>• [H2] Phone: 919-713-0260</li><li>• [H2] Fax: 919-591-0161</li><li>• [H2] Let's Connect</li><li>• [H2] click the link below to connect with RDU Counseling for Change</li></ul></li></ul>					

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Follow our Social Media</li><li>• [H3] Individual, couples &amp; family therapy in Raleigh, North Carolina</li></ul>
	Images	We found 18 images on this web page.  1 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : <b>1%</b>  This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 15 links including 0 link(s) to files
	Statistics	External Links : noFollow 0%  External Links : Passing Juice 0%  Internal Links 100%

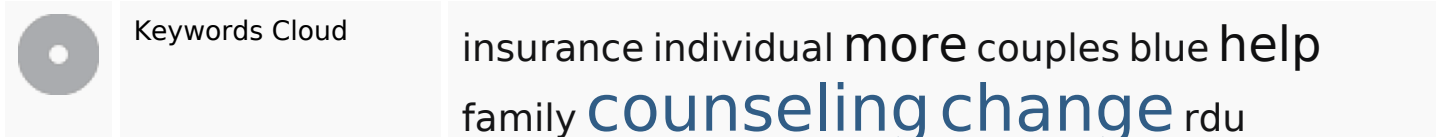
## In-page links

Anchor	Type	Juice
<a href="#">INDIVIDUAL COUNSELING</a>	Internal	Passing Juice
<a href="#">COUPLES COUNSELING</a>	Internal	Passing Juice
<a href="#">FAMILY COUNSELING</a>	Internal	Passing Juice

## In-page links

<a href="#">KELLY HARRISON</a>	Internal	Passing Juice
<a href="#">KELLEY BAUGHMAN</a>	Internal	Passing Juice
<a href="#">BRYON LAWRENCE</a>	Internal	Passing Juice
<a href="#">BREANNA LINN</a>	Internal	Passing Juice
<a href="#">SALLIE RATCLIFFE</a>	Internal	Passing Juice
<a href="#">SYDNEY DREYER</a>	Internal	Passing Juice
<a href="#">JOY STANFIELD</a>	Internal	Passing Juice
<a href="#">CHARLOTTE SNEAD</a>	Internal	Passing Juice
<a href="#">ROBIN RUTLEDGE</a>	Internal	Passing Juice
<a href="#">KRISTA BENNETT</a>	Internal	Passing Juice
<a href="#">KHYZAHA JONES</a>	Internal	Passing Juice
<a href="#">KIERRA BENNETT</a>	Internal	Passing Juice






## SEO Keywords














## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
counseling	16	✓	✗	✓	✓
change	13	✓	✗	✓	✓
help	9	✗	✗	✗	✓
more	7	✗	✗	✗	✓
rdu	6	✓	✗	✓	✓

## Usability

	Url	Domain : rducounselingforchange.com Length : 26
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.




## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 0 Warnings : 0
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Great, your website has few CSS files.</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li>✓ Apple Icon</li><li>✓ Meta Viewport Tag</li><li>✓ Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p><a href="https://www.rducounselingforchange.com/sitemap.xml">https://www.rducounselingforchange.com/sitemap.xml</a></p>
	Robots.txt	<p><a href="http://rducounselingforchange.com/robots.txt">http://rducounselingforchange.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>