



**FREE
MHA
COVID
Counseling
for Cabarrus
and
Mecklenburg
County
Residents**

MHA is partnering with licensed local clinicians to provide free short-term counseling for individuals affected by COVID, who cannot afford it on their own. This program is made possible through the generosity of Disability Rights and Resources, Cabarrus and Mecklenburg Counties, ReCAST and United Way of Central Carolinas.

Our coordinator will work to match you with the best counselor for your needs.

Six **FREE** sessions for adults or youth

You're Not Alone

The COVID pandemic has impacted many Americans' lives in a variety of ways. Some have lost jobs, housing, and loved ones. Many have lost an overall sense of safety.

Have you or your children been negatively affected by COVID? Do you think you or your children would benefit from counseling?

If so, MHA may be able to match you with a local mental health practitioner who can help.

**CONTACT US
704-899-1839**

mhaofcc.org



**TO SIGN UP: Contact Rachel Rosenfeld at
704-899-1839 or rosenfeld@mhaofcc.org**