

No-Cost COVID-Related Counseling for Individuals and Families Struggling to Cope during this Crisis.

Will you help us make a difference to the individuals and families you serve?

Dear Community Leader:

We are collaborating with the state program Alabama Apart Together to provide no-cost counseling services for those struggling to cope during this crisis. While it is normal for people to feel stress and anxiety during uncertain times, sometimes, it can become too much to handle without help. Our team of trained counselors can help.

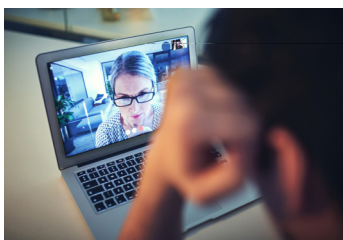
We are providing you with counseling flyers to share with the individuals and families you serve. People of all ages are experiencing problems directly related to the pandemic: worried about the health of their loved ones; anxious about their job, business and finances; stressed over their children's education and well-being; or feeling overwhelmed about the future.

Our confidential counseling can help individuals and families understand what they are experiencing, provide needed support, and identify community resources that can be of assistance - **all of this at no cost.**

Your assistance in sharing this program is appreciated.

No Cost Counseling Services

VIRTUALLY



BY PHONE



(Anonymously if preferred)

IN-PERSON



ALABAMA | P | A | R | TOGETHER

If you have any questions, need additional handouts, or would like to speak with a counselor, contact us

TOLL-FREE **1-866-752-3418** • **AltaPointe.org**

Monday - Friday, 8:00 a.m. - 4:30 p.m.