



**May is
Mental Health
Awareness Month**

May 2018

Dear Friends of Counseling Care & Services,

With May being Mental Health Awareness Month we are reminded of how many lives have been touched by mental health issues. Most of us today know someone, if not yourself, who has experienced mental health issues, such as anxiety or depression. When mental health symptoms persist it's often necessary to obtain counseling services to improve a person's quality of life and the lives of those closest to them.

Since 1984 Counseling Care has been helping to make a difference by providing professional counseling services, including to those further distressed by a lack of medical insurance and limited resources. Our staff of Licensed Mental Health Counselors provides counseling services to individuals, couples, families, adolescents, and children 6 years old and up living in Cohoes and throughout the Capital District.

As a non for profit counseling center, your donation is essential to continuing to provide counseling services to so many in need. As of today, 43.4 million adults struggle with mental health issues and 1.9 million children have experienced severe depression. Some of our neighbors, friends, and our own family members make up these unfortunate statistics.

In light of these statistics and the impact on our families and community, we hope that you will consider making a tax deductible donation so that we can continue to help improve the lives of others. Enclosed is a self-addressed envelope for your convenience. The staff and board members of Counseling Care & Services are thankful for your support.

Sincerely,

Handwritten signature of Sebastian Huemer in black ink.

Sebastian Huemer
President

Handwritten signature of Jen Doesburg in black ink.

Jen Doesburg, LMHC
Clinical Director

Counseling Care & Services, Inc.
405 Vliet Blvd. Cohoes, NY 12047 (518)237-4263

Your special gift helps someone in need receive
counseling services.

Name: _____

Address: _____

This gift is made { } In Memory { } In Honor of:
