



May 2019

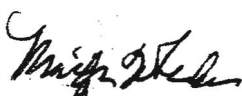
Dear Friends,

Since 1949, the month of May has been observed as Mental Health Awareness Month. The purpose has not only been to gain awareness of mental health issues, but to highlight the importance of reducing mental health stigmas and to show support for anyone struggling with mental illness. World views and stigmas associated with mental health issues have certainly changed since the 1940s and 50s, when 560,000 people were institutionalized in the United States for mental illness. This was a time when people with mental health issues were not given much compassion and issues often went *unaddressed until a person was in crisis*.

People often did not seek help immediately because of the stigma associated with mental health issues, but today there is more awareness and compassion for the many adults and children coping with mental health issues. Since 1984, Counseling Care & Services has continued to provide counseling services to children and adults ages 6-75+. Although there are many people who suffer from serious and chronic mental health disorders, there are just as many who struggle with the effects of losing a loved one, or with symptoms related to past trauma, or struggling with anxiety and depression related to life changing events, or children suffering due to bullying or violence within their schools.

As a non for profit counseling center, Counseling Care & Services continues to serve many people in our community and throughout the Capital District, regardless of their ability to pay. These mental health services are provided by our staff of Licensed Mental Health Counselors, who share our vision and desire to help clients to improve their quality of life. We continue to need your help in supporting these efforts and ask that you consider making a donation to help us in helping others. We appreciate your donation and hope that you know how much your generosity helps those in need and contributes to the health and well-being of our entire community.

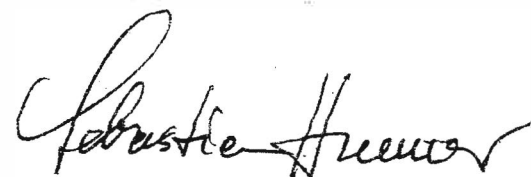
Sincerely,



Marilyn Wheeler
Founding Director



Jen Doesburg
Clinical Director



Sebastian Huemer
President, Board of Directors

Mental Health Awareness Month May 2019

To Counseling Care and Services, Inc.

I have enclosed a gift in the amount of \$ _____

Name: _____

Address: _____

Return to: Counseling Care and Services, Inc.

405 Vliet Blvd.

Cohoes, NY 12047

(Your gift is fully tax deductible) *Thank You!*