



We want to make a DIFFERENCE in how you feel.

If you or someone you know is:

- feeling sad, depressed, or anxious
- grieving over a loved one
- in a bad or troubled relationship
- a military personnel or family member needing support
- having a hard time dealing with an illness
- a single parent struggling with kids acting out
- facing problems at work
- having trouble coping with being out of work

Contact us at 713-522.5161

or reach the Pro Bono Counseling Program
by email: probono@mhahouston.org

www.mhahouston.org



A United Way Agency