



MHA COVID Counseling for Mecklenburg and Cabarrus Residents

MHA is partnering with Disability Rights & Resources, Mecklenburg County and licensed local counselors to provide free short-term counseling for individuals affected by COVID, who cannot afford it on their own.

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

6 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
704.365.3454

mhacentralcarolinas.org



**TO SIGN UP: Call David Kleitsch, MSW at
919.307.6017**