



# CARES Act

## Coronavirus Aid, Relief, and Economic Security Act



### 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.

### MHA CARES COVID Counseling

MHA is partnering with 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 coordinator will work to match you with the best counselor for your needs.

4 sessions for adults  
6 sessions for youth

*Counseling must conclude by December 31, 2020*

### CONTACT US

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