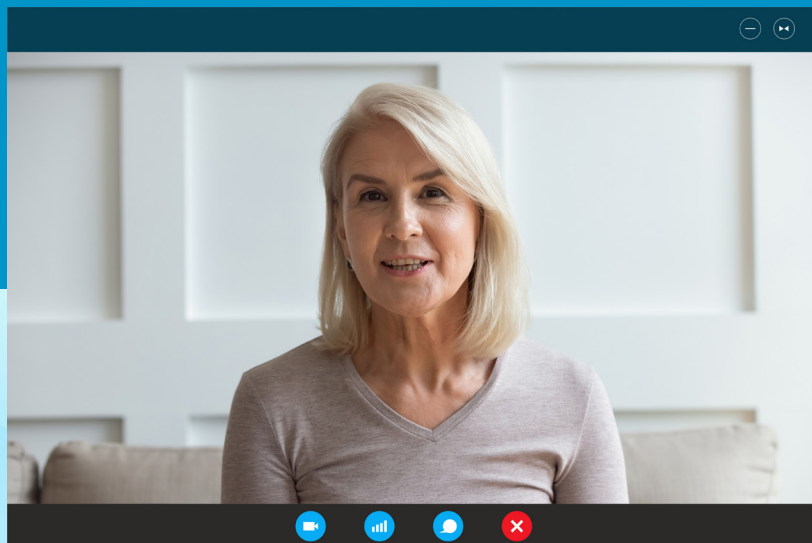


Feeling OVERWHELMED, ANXIOUS, DEPRESSED?

Are you over 60 or caring for someone who is?

Free Mental Health Counseling is Available.

AgeSmart Community Resources and Chestnut Health Services are partnering to offer free mental health counseling services to alleviate anxiety, depression, disorientation, and social isolation.



These counseling sessions are strictly confidential and available via the telephone, or video chat to ensure your safety and well-being.

To access these services, you must be over 60 years old, or a caregiver to someone who is.

Call 618-877-4420, and ask for AgeSmart Cares.

These free services are available until October 30, 2020 when using the code: AGESMART CARES

*Prescription services will only be offered if someone is enrolled at Chestnut Health Systems at the regular ongoing fee schedule.

