

# INDIVIDUAL THERAPY SUPPORT

Is life stressing you out?

Do you feel overwhelmed or alone?

Does life just feel too hard sometimes?

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**Adler Community Health Services- Division of  
Teen Wellness & Opportunity- provides one-on-  
one virtual therapy sessions to current After  
School Matters teen participants at no cost.  
Services are confidential.**

**Current After School Matters  
participants interested in  
counseling services can  
[CLICK HERE TO SCHEDULE  
AN APPOINTMENT.](#)**



If this is a mental health emergency, please dial 9-1-1. If you are experiencing a mental health crisis, you can contact the CARES hotline at 1-800-345-9049.