

STAFF UPDATE FROM COUNSELOR KRISTI IRVING, MA, LPC, CCTP – May 21, 2020

Good Morning!

Mental Health America has launched a #MillionInMay initiative, to raise awareness of mental health and link people with resources. Below is a link where you can learn more about the initiative and participate in free screenings for a variety of mental health conditions. Feel free to pass this information on to family and friends as well.

<https://mhanational.org/millioninmay>

Just a reminder, as an employee at LTC, you have access to EAP services (Employee Assistance Program). Please contact Human Resources or look on The Bridge for further information.

Take care and be well,
Kristi