



IT'S OKAY TO ASK FOR HELP



Obtain free mental health services
through St Joseph Center

You may qualify for services if you are:

- Struggling to feel like yourself, feeling sad all the time, or experiencing intense mood swings.
- Feeling stuck during the COVID-19 pandemic
- Grappling with the impact of unemployment or underemployment
- Over the 18 years old
- Enrolled in Medi-Cal, Medicaid, or no insurance at all

EMAIL ALEX TRIPOLI AT:

— ATRIPOLI@STJOSEPHCTR.ORG OR PEI@STJOSEPHCTR.ORG