

STOMPING OUT THE STIGMA

YOUR MENTAL HEALTH MATTERS



CULTURALLY COMPETENT THERAPISTS

- Individual Therapy for Depression, Anxiety, PTSD, Addiction, Burnout
- Couples Therapy and Family Therapy



AVAILABLE 24/7/365

- Call Anytime You're So Worth It!



100% CONFIDENTIAL

- No Invoices with Names
- No Records Sent Back Your Agency



SENSE OF URGENCY

- Call Backs Within 24 Hours
- Appointments Within 48 Hours

NO INSURANCE NEEDED FOR CONFIDENTIAL LIFE-CHANGING COUNSELING

NO COST TO YOU

**SUPPORT FIRST RESPONDERS: DONATE
TO STOMPING OUT THE STIGMA**

SOTSINC.ORG