

BE THE CHANGE

MENTAL HEALTH MATTERS



450M

People who currently suffer from mental health conditions.

44,193

Americans who die by suicide each year. For every suicide there are 25 attempts.



1 in 4 adults will experience a mental illness within their lifetime.

\$317B



Lost wages, disability expenses, and healthcare costs related to mental illness every year.

TREAT

In 2016 we provided **4,145** direct service hours to our clients. This includes individual therapy, marriage counseling, and group therapy. We will exceed this number in 2017. We believe that everyone should have access to mental healthcare regardless of their ability to pay. In 2016, we provided **\$166,322** in discounted services.



EDUCATE

We offer many preventative and skill-building education programs including Boundaries, NetSmartz, Ask About Suicide, Saving Your Marriage Before it Starts (SYMBIS), Compassion Fatigue, Self Care, and Mental Health Matters.

COLLABORATE

We maintain foundational relationships with local school districts, churches, United Way, NAMI Gulfcoast, Life Skills House, True To Life Ministries (TTLM), Brazoria County Alliance for Children (BCAC), Juvenile Probation, and other nonprofits to serve most effectively.



LOOKING AHEAD TO 2018



These are exciting times for Counseling Connections! God has blessed us and we continue to grow. Your support has been essential and we would like to express our sincere appreciation.

We are now embarking on a capital campaign to raise money for the purchase of the office and property where we have been paying rent for the past year. The location and setup of the office are ideal for our purposes now and in the future.

We need your help! Will you prayerfully consider a donation toward our building purchase?

STORY OF HOPE

This is Tyler. Tyler spent the majority of the first 2 years of his life in foster care because his mother was addicted to drugs and not taking medication for her Bipolar Disorder. He learned to crawl and walk much later than other children because you could not see the floor in the home where he lived. He was living among meth paraphernalia and filth. He spent hours on end in his crib. He was severely neglected.



Tyler was placed in his forever home when he was 2 ½ years old. Like most children from hard places, he needed some special attention. He had missed out on some of the basic skills typically learned in early childhood. He had sensory processing disorder which means he was overly sensitive to things in his environment like sounds and smells. He was experiencing night terrors in which he would sit upright in bed and shout out or scream in distress. He couldn't self-regulate which means he was unable to calm himself when he became upset.

Tyler needed to know that he mattered. Through play therapy he was able to build attachment, self-esteem, and trust in others.

Tyler is now a thriving first grader. Your financial support of our mission enables us to provide HOPE to our neighbors who have experienced grief, trauma, depression, anxiety, stress, or a number of other major life changes.

BECOME AN AMBASSADOR FOR CHANGE

We ask you to support the work we do within our walls and throughout our community by making a one-time or recurring tax-deductible donation. Just \$40 a month provides one individual the opportunity to complete counseling services. EVERY PERSON who is served through our agency is blessed by your gift. We accept insurance as a service to our clients and also offer a sliding scale. Stop the stigma of mental illness by supporting our efforts to strengthen mental health. How?

- PRAY for the mental health of Brazoria County.
- TALK about mental health with your family and friends.
- COMMIT to getting involved by volunteering at one of our fundraising events.
- DONATE on a monthly basis to support our sustainability in the community. Simply text 281-533-8446 with the amount you would like to give and you will be provided with a secure URL or go to www.counselingconnections.org and click Be The Change Donate Now! Your gift will help make an immediate impact.

1 JOHN 4:19 WE LOVE BECAUSE HE FIRST LOVED US.