



Industry Spotlight: Mental Health and Wellness

➤ This September the Geneva Chamber is focusing on Mental Health and Wellness. ➤

Our area is full of resources that help to support and encourage a healthier lifestyle. The Chamber team has prepared an **Industry Spotlight** listing all of the members we work with to help connect others with what is available.

In addition, we will also be sharing weekly **Member Spotlights** to feature some of the individual businesses and any health and wellness specials that they are currently offering.

Featured Member:

Hope and Help Counseling

John Eichenberger, LMHC, CASAC

John Eichenberger is the owner of **Hope and Help Counseling**, a private practice which opened four years ago. With over 30 years of counseling experience, John has had a **life-long passion and desire to help others**, which is what lead him into his profession. Hope and Help Counseling specializes in providing a focus in trauma recovery, something that was sparked by John's experience with working in addiction counseling.

John says that the best part of his job is seeing a client **"light up when they get it"**, and when they understand that there is hope for a better future— the concept that inspired the name of his business. **John believes that life can be better, and that through working together he is able to help people find fulfilling ways to live theirs.**



Featured Promotion:

John is offering **free 30 minute consultations** for those that are looking for a new counselor or simply someone to talk to.

This year, in honor of National Suicide Prevention Week (September 8-14, 2019) John has pledged to provide **free crisis calls**, offering anyone that may be experiencing a crisis to call or text him **anytime**, at 315-879-3289.

DYK—Suicide is the 10th leading cause of death in the United States?

Hope and Help Counseling

Phone: 315-879-3289 | Email: johnetherapy@gmail.com
Website: www.hopeandhelpcounseling.net

Featuring two locations in the Finger Lakes:

Crosskeys Office Park-
Building 600, Suite 625
Fairport, NY 14450

324 West North St.
Suite 4
Geneva, NY 14456



Membership Matters! This promotion is an example of one of the Chamber's individual Member Spotlights, where an Industry is chosen, and the Chamber showcases the different member businesses within that category. This is a free benefit of Chamber Membership where we are not only telling the story of our members, but actively promoting their business through our website, featured social media posts and partner news outlets. **#LetUsTellYourStory #MembershipMatters**

...A key to our continued growth, this one of the many Chamber membership benefits & values in action!