

"I'M FINE..."

**ARE
YOU
REALLY?**

Will I have enough money to pay my bills and save for the future? Job security. I'm afraid of getting sick or dealing with health problems. Health insurance. Are my kids happy and healthy? Schools. I fear my child is being bullied. Caring for aging parents. Housing. What if they raise the rent? Another shooting. Safety. I hope nothing bad happens to me or my family in the community or at school. I worry about how racism affects my friends, my family, and my community. Equity. How can I manage a healthy work and family life balance? I'm lonely. Do I matter? Faith. Climate change. I'm afraid to ask for help for fear of being judged or treated differently. I don't think anyone else feels like this.

BENEATH THE SURFACE

Counseling services are available to help you and your family navigate life's challenges.



Walk in, call or scan to request an appointment today.

203.368.4291

Locations

475 Clinton Avenue
Bridgeport, CT 06605

125 Penfield Road
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Real-Time Language Translation Technology Available (82-plus languages)

"I'M FINE..."

I'm stressed about school. If I don't get enough likes on my posts, do people really like me? I'm depressed. I need better grades. Drugs and alcohol. Will there be a school shooting? I want to matter and belong. Climate change.



Do I fit in? I feel anxious and stressed. What if I fail my math test? My family is struggling financially. I compare myself to others. Where can I find a job? I'm afraid to walk through my neighborhood alone. I'm being pulled in a million directions. Body image.

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