



Present



*As we are challenged with the constantly evolving COVID -19 Pandemic, we at **THE STRESS STOP** recognize that these days are filled with **Uncertainty, Anxiety and Stress!***

We are adhering to WHO, CDC, Federal and Local Recommendations as we continue to provide Holistic Mental Health Care.

We are Practicing Social Distancing and have curtailed our Self Help Workshops and Groups and moving towards 90% TELE-MENTAL HEALTH SESSIONS!

*Inviting New and Returning Clients to call or text us to arrange confidential Tele-Mental Health Sessions so we can help you **Explore and Create a Plan to Defuse ANXIETY & STRESS!** Have your Health Insurance or Pay Resource Information available when you call or text:*

(855) 652-7225 *Call if U Can Text if U Can't!*

www.thestressstop.com

