

You will need a **Diagnosis by a Mental Health Professional** before we begin services as well as parent/guardian consent, if applicable.



# Heartland Counseling Services, Inc.



**\*\*\*This program is FREE of charge\*\*\***  
We communicate via text, video calls and face-to-face meetings.

**A Peer Support Specialist is a person who has lived experience, providing support services to others.**

## Proudly Presents...

# Youth Peer Support Services

Contact your school counselor or call our direct lines for more information!

Family stress getting you down? Need some support in working through emotions or referrals for additional help?



Are you having trouble adjusting to your new school or finding it hard to make friends?



Want extra support in getting your homework assignments completed?



Do you need a ride to your game and need some extra support to get there and cheer you on?



Do you wish you had someone to talk to? Do you wish you had someone to listen to you?



## CONTACT

Sometimes the only answer people are looking for when they ask for help is that they won't have to face the problem alone.  
-Mark Amend  
WWW.LIVELIFEHAPPY.COM

Kathy Carr in the Sandhills Area 712-301-5113  
[kathy@heartlandcounselingservices.com](mailto:kathy@heartlandcounselingservices.com)

**Crisis Hotline:** 402-494-7655 or 402-336-9928  
Siouxland Area Sandhills Area