

# FINANCIAL DISTRESS JUST GOT BETTER

*We Provide Living Cost Relief to Improve  
the Health Outcome Factors for Higher  
Quality of Life and Life Expectancy.*

Receive a customized contribution of social economic benefits, health behavior lifestyle changes, and a personal goal-driven money management pathway to self-resilience.

## HEALTHY BEHAVIOR LIFESTYLE CHANGES

- ✓ TOBACCO USE
- ✓ DRUG & ALCOHOL
- ✓ DIET & EXERCISE
- ✓ SEXUAL ACTIVITY
- ✓ WORSHIP
- ✓ COPING SKILLS
- ✓ PERSONAL MONEY MANAGEMENT

## 1900+ PROGRAMS TO HELP PAY FOR

- ✓ FOOD SECURITY
- ✓ AFFORDABLE HOUSING & TRANSPORTATION
- ✓ EMPLOYMENT FINANCIAL SECURITY
- ✓ EDUCATION
- ✓ LEGAL
- ✓ HEALTH CARE BEYOND DOCTOR & HOSPITAL
  - Dental, Vision, Medical Supplies
  - Mental Health, Counseling
  - Residential Care



Helping Hands  
Coalition

**MOBILE**

Community  
Social-Health Center

*LIVE A HEALTHIER LIFE*

*Ask for a Program Service Request*