



# Free Mental Health and Drug & Alcohol Counseling

*For residents of Montgomery County*

## **Drug and Alcohol 6**

Up to six 1-hr counseling sessions for individuals or their family members currently impacted by a drug and/or alcohol issue. Counseling will be held with a Master's Level Clinician and provide support surrounding issues that arise when faced with addiction or addiction of a loved one.

## **Mental Health 3**

Up to three 1-hr counseling sessions for individuals or their family members currently impacted by a mental health issue. Counseling will be held with a Master's Level Clinician and provide support surrounding issues that arise when faced with mental/behavioral health concerns.

## **Teen Intervene**

Brief solution focused program for youth experiencing mild to moderate problems associated with alcohol or other drug use. The Teen Intervene Program provides education, support, and guidance for youth and their parents through an Evidence Based Program, utilizing motivational interviewing and stages of change techniques. Three 1-hour sessions; parent attendance optional during third session. Counseling will be held with a Master's Level Clinician.

**If interested, please contact  
Meghan Disk at 215.716.9013**

**All sessions located at 2506 N. Broad Street, Suite 201, Colmar, PA 18915**