

Anxiety **Bullying** Stress  
DEFIANCE Trauma Depression  
MENTAL HEALTH **FREE**  
REAL HELP FOR REAL LIFE. 

REAL HELP FOR REAL LIFE  
Now providing online  
telehealth sessions



Call 817.335.HELP (4673) for appointments

**FREE Youth and Family Counseling**  
For youth ages 6 – 17 and their families.



In response to the evolving situation we all are facing due to Covid-19, Real Help For Real Life can now be accessed using online telehealth services from the safety your home.

Now, more than ever, we are here to help provide a safe and secure space to help youth and families find solutions for real-life struggles.

Serving Tarrant, Johnson, Hill, Parker and Palo Pinto counties.

817.335.HOPE (4673)

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