



Copper Country Mental Health would like to offer assistance to our community in the aftermath of the recent flood. We will have no cost, confidential, walk-in sessions available to anyone in the community that has been affected directly or indirectly by this natural disaster.

Psychological First Aid is an approach that is used to assist people in reduction of distress and helps improve both short-term and long-term health. Our community has witnessed loss, and this can impact your daily life in ways that may not be noticeable.

Come in to speak with our trained staff on issues such as sleep difficulties, increased fears, impact on your children, and more.

Dates and Locations:

Wednesday, July 11 in the **Calumet** location from 9 AM -7 PM.
(Rice Memorial Center – CLK Branch, 56938 Calumet Avenue, Calumet)

Wednesday, July 18 in the **Houghton** location from 9 AM - 7 PM.
(Rice Memorial Center, 901 W. Memorial Drive, Houghton)

Call Leslie Griffith at Copper Country Mental Health, 482-9404, with any questions.



Copper Country Mental Health will be working with Dial Help to provide follow-up outreach, support and connection to other resources and services as needed.