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The Nick Finnegan Counseling Center recognizes that mental healthcare comes in many different forms. Sometimes, individuals seek help because of a traumatic event or struggles with emotional issues. Other times, individuals and families look to better themselves through a mental health tune-up with a counselor or taking 30 minutes to listen to a mental health podcast. Mental healthcare is one-on-one counseling **and** support groups, outreach talks to our community, and quick resources like podcasts and social media tips. At NFCC, our passion is in making sure everyone can access the mental health help they need through a variety of means and payment options. Your support has been instrumental in our growth over the last 15 years, and **we hope you will consider a gift to the *Because Counseling Matters Fund* so that we can continue to keep counseling affordable.**

According to Mental Health America's 2023 report on the State of Mental Health in America, 28% of all adults with a mental illness reported that they were not able to receive the treatment they needed. That's roughly 14 million American adults, many of whom reported they did not receive care because they could not afford it. Expanding access to mental health services is and always has been fundamental to NFCC's mission, and we do so by offering insurance options, a sliding scale, and a low private pay rate of \$95. The ***Because Counseling Matters Fund*** helps support those payment options so that no one is ever turned away due to finances.

In 2023, one of NFCC's highest priorities is expanding our services for youth in our community via outreach to students, parents, and teachers. The same report from MHA states that 60% of American youth with major depression do not receive mental health treatment. Donations to the ***Because Counseling Matters Fund*** support NFCC in bringing talks on topics such as "Social Media & the Brain", "Navigating ADHD", and "Let's Talk About Sex – Boundaries, Safety, & Respect" to underserved schools in the Houston area. Donations to the ***Because Counseling Matters Fund*** also allow NFCC to offer social skills groups to area preschools, and this summer we plan to launch our first-ever summer camp, Camp Nick, which will help 3rd-5th graders build social skills, regulate emotions, and gain a better understanding of themselves.

The ***Because Counseling Matters Fund*** allows NFCC to do what it does best; provide affordable and accessible mental healthcare to anyone regardless of differences such as age, finances, or beliefs. With your support, we can help the preschooler struggling to regulate their emotions, the parent who needs support communicating with their partner, the teen who is being cyber bullied, or the adult who is unable to work due to crippling anxiety. **Thank you for considering a donation to the Nick Finnegan Counseling Center because *counseling matters*.**

Sincerely,

Mary Elizabeth Hand
Executive Director

Jennifer Bowen
Advisory Board Chair



Nick Finnegan Counseling Center

fast facts

NFCC knows that investing in our highly-qualified counseling staff and focusing on staff retention is critical to allowing our clients to form and maintain therapeutic relationships.

Ensuring we have a skilled and dynamic team allows our clients to receive the best possible care.



60%

In 2022, 60% of our clients saw their counselors via Telehealth. This therapeutic modality has greatly expanded access to individuals who are in need of counseling but unable to attend in-person counseling sessions at NFCC.

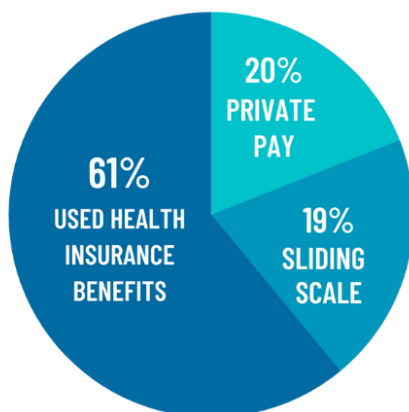
123

In 2022, we served individuals from 123 zip codes! NFCC's growth over the past decade is a testament to the dedication and commitment we have to our community as we continue to reach more people and offer services that have a lasting impact.

\$84,000

In 2022, NFCC provided \$84,000 in scholarships to clients who utilized our sliding scale based on their individual ability to pay.

How Clients Pay:



57%

of our income came from donations in 2022. We depend on your support to help our community.

Nick Finnegan Counseling Center strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.