

LIFT was created because one benefactor said, "IT'S OKAY FOR SOMEONE TO TRIP AND FALL- I JUST DON'T WANT THEM TO STAY DOWN".

Quite simply, mental health counseling can help through difficult times, and we are here to help you find your LIFT. Whether you use one free session or all ten, we want to provide the LIFT you need.



www.GetMyLift.com

For additional questions,
text 407-498-LIFT (5438),
or email
INFO@GetMyLift.com

(By Appointment Only)
1035 S. Semoran Blvd.,
Suite 2-1031,
Winter Park, FL 32792

To Schedule Your LIFT, visit
www.GetMyLift.com



LIFT offers free counseling services to actively enrolled college students residing in Florida.

Get the support you need to overcome both academic and personal challenges.

www.GetMyLift.com



Need a LIFT?

If you are:

- ✓ Living in Florida
- ✓ Enrolled in at least one college class

You are eligible for:

Up to 10 free, private counseling sessions

Confidential. Accessible.

No insurance needed or accepted.

Your mental health matters.

LIFT = *Look Inside For Transformation*

Whether you're feeling overwhelmed, going through a tough time, or just need someone to talk to, our compassionate team is here to help. We take a personalized, empathetic approach that meets you where you are—helping you work through life's challenges while supporting your academic and personal growth.

Submit 5 Items for 10 Sessions

- (1.) Name
- (2.) Email
- (3.) Phone Number
- (4.) 3-5 sentences of intention
- (5.) Attach student schedule

**Submit these 5 items
for 10 sessions on
www.GetMyLift.com**