

# NEED HELP COPING WITH COVID-19?



# What is the Alabama Covid Response Unit?

-ACRU is a unit based out of the Jefferson-Bount-St. Clair Mental Health Authority and we are seeking to provide outpatient mental health services to those who have been impacted by the COVID-19 Pandemic.

## Would I qualify for services?

-We offer services to those who are 18 or older and who live in the state of Alabama.

-Many people will qualify for services, call or email us today to find out how we can help you.

## How much would it cost?

-This is a grant funded service. So, for those that qualify, it is a free counseling service.

## Where do I go to receive counseling?

-We offer counseling to anyone in the state of Alabama through in-person or remote telehealth services.

## How can I sign up?

-Call us at: 205-949-2961

-Email one of our qualified counselors:

- Meaghan Bourque: [mbourque@jbsmha.com](mailto:mbourque@jbsmha.com)
- Ashley Cooks: [acooks@jbsmha.com](mailto:acooks@jbsmha.com)
- Katie O'Donnell: [kodonnell@jbsmha.com](mailto:kodonnell@jbsmha.com)