Crosswinds is here to help

During this time of increased anxiety and uncertainty, it's easy to feel overwhelmed, but remember you are not alone. We are in this together.

FREE ONLINE COUNSELING

Free online counseling sessions with Crosswinds Counseling are available to you. You will be able to meet face-to-face with a counselor from the comfort of your home on your computer, tablet or phone.

WHO IS ELIGIBLE?

Anyone in Whitley County is eligible for this service. If you are unsure if you qualify, please call Crosswinds.

HOW DO I GET STARTED

You can either visit crosswindscounseling.org/covid19 or call Crosswinds Counseling directly at 877.594.9204. You can also email info@crosswinds.org or text 260.238.8939 to get started.

CROSSWINDS CAN HELP WITH:

- Hopelessness
- Anxiety
- Fear
- Grief
- Guilt
- Anger
- Care Fatigue
- Feeling Overwhelmed
- Family Struggles
- Loneliness
- Emotional Outbursts

CROSSWINDS

COMMUNITY FOUNDATION of WHITLEY COUNTY

HELPING THE COMMUNITY — TOGETHER.

This opportunity was made possible by a grant from the Community Foundation of Whitley County

crosswindscounseling.org | 877.594.9204 | info@crosswinds.org