

An illustration of a diverse group of people of various ethnicities and ages, shown from the chest up, arranged in a circle. They are set against a background of overlapping, semi-transparent circles in shades of blue, red, and purple. The overall style is flat and modern.

# Thinking about counseling?

## We can help.

Counseling can help you better manage stress, sadness, anger and conflict. Columbus Public Health has partnered with the UNIK Foundation to offer 12 free counseling sessions to Columbus residents 18 years of age or older through November 2024.

**To schedule an appointment, call Debi at 614-918-7754 and mention Columbus Public Health.**



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