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FOR IMMEDIATE RELEASE:

CHNK Behavioral Health Launches Complimentary *10 Minutes with a Therapist*

Covington, KY: To ensure everyone in Kentucky has access to behavioral healthcare services that are all the more critical as the general population collectively learns to navigate the challenges that come with the COVID-19 pandemic, CHNK Behavioral Health has launched a new, free service called ***10 Minutes with a Therapist***.

10 Minutes with a Therapist is a simple, confidential way for an individual or family to connect with complimentary telebehavioral health services when they are not sure how to process or handle how they are feeling. By calling CHNK's toll-free number at 1.844.YES.CHNK (937.2465), individuals can receive help with mental health concerns, coping skills, parenting support, an increased use of alcohol, tobacco, or other drugs, and other matters relating to mental wellness.

Calls are accepted between 9AM and 5PM Monday through Friday, with weekend and after-hours calls returned as quickly as possible. Callers must be 18 years of age or older or accompanied on the call by a parent or legal guardian.

"Now more than ever, we need to be sure we're taking care of ourselves and our loved ones – both physically and mentally," explains CHNK Outpatient Services Program Manager Jaclyn Gleason, Ed.S, LPCC-S. "CHNK's *Ten Minutes with a Therapist* is a pivotal, yet easy first step in practicing self-care and providing the mental relief many individuals need."

This service is not a crisis hotline, but rather the first step in an individual's journey to healing and discovery through therapy. During each call and based on each caller's individual needs, a licensed therapist will offer brief skill building and/or coping techniques and suggest potential next steps.

During a time when an unprecedented number of individuals are experiencing unemployment, food insecurity, school and daycare closures, and a loss of their healthcare benefits, CHNK Chief Programming Officer Crystal Leugers, LCSW, LCADC, MSW wants to ensure they can get the mental health support they need as they experience heightened states of stress and anxiety.

"We are here for anyone – regardless of age – who might benefit from our services right now," shares Leugers. "Just as CHNK relies on the wider community for support, we want the community to know they can rely on us for support too."

About CHNK Behavioral Health

Established in 1882, Children's Home of Northern Kentucky (CHNK Behavioral Health) is a premier provider of behavioral health and substance use treatment services. Outpatient and residential services benefit individuals who have experienced mental health disorders, addiction, abuse, neglect, or other serious trauma. Operating out of three locations in Northern Kentucky, the CHNK team of 100 healthcare professionals takes a trauma-informed and family-focused approach to treatment, annually impacting more than 2,900 individuals. For more information about CHNK, visit www.chnk.org. For assistance with treatment services, call 1-844-YES-CHNK.

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