

# Project *HEART*

Harvey **E**motional **A**ssistance & **R**ecovery **T**herapy

Are you or a family member experiencing nervousness, sadness, worry and/or stress? Do you reside in Jefferson, Orange or a surrounding county? Project HEART is here to help.



Project HEART's telehealth platform program uses technology to provide FREE evidence-based mental health counseling services to adults in your area, from the comfort of your home.

## **PROJECT HEART IS AVAILABLE TO HELP**

Adults 18 years or older with access to web enabled computer or smartphone

**For more information about Project HEART, please contact**

**[ProjectHEART@BCM.edu](mailto:ProjectHEART@BCM.edu) | 713.798.1916**

**Visit us at [www.bcm.edu/ProjectHEART](http://www.bcm.edu/ProjectHEART)**



**American  
Red Cross**