

## In-Person Announcement

As you may know, I am involved with a local nonprofit counseling center called The Northwest Catholic Counseling Center. They provide mental health services to individuals who are without insurance or have little to no income. The emotional and mental health needs of the financially fragile are often overlooked. In fact, Oregon is ranked dead last of all 50 states in access to mental health care. The Northwest Catholic Counseling Center, or NCC, offers counseling appointments for as low as \$5 to help close the gap between those who can afford access to mental health services, and those who cannot. For more than 30 years, no one has ever been turned away because of an inability to pay.

November 27 is Giving Tuesday. If you aren't familiar with Giving Tuesday, it is a global campaign for non-profits that takes place on the Tuesday after Thanksgiving, following Black Friday, Small Business Saturday, and Cyber Monday. Giving Tuesday is a day to pause from the busyness of the holidays and focus on the needs of others.

Supporting NCC's Giving Tuesday Campaign is an opportunity to join a local movement that believes access to mental health care is a human right, not just a privilege only for some. There are a number of ways you can get involved:

1. Follow NCC on Facebook, Instagram, and Twitter
2. Share NCC's posts on social media and help raise awareness leading up to Giving Tuesday
3. On November 27 (Giving Tuesday) go to [www.nwcounseling.org/giving-tuesday](http://www.nwcounseling.org/giving-tuesday) and donate online

All the money raised through Giving Tuesday will go directly to cover the costs of counseling for those who could not otherwise receive care. If you have any questions, please feel free to talk to me, or you can email a member of NCC's staff at [ellie@nwcounseling.org](mailto:ellie@nwcounseling.org). There is also a Giving Tuesday Tool Kit on NCC's website: [www.nwcounseling.org](http://www.nwcounseling.org).

I want to close by reading you a voice message that was recently left by a former NCC client. This client was unemployed, depressed, and suicidal when he first came to the Center. He did not have insurance and could only receive counseling because of NCC's sliding scale options. This message was left following his final appointment with his therapists:

*"Thank you for everything you and the Center have done. I really think you guys changed the course of something really bad for me. I think you saved me. I think that it works. I don't think I would be here without you. Thank you. I know you'll be here if I need you. I'll be sure you to call again if I do."*