

## NCCAA Mind Matters | March 2025



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## Special Opportunity

**Mind Matters**

# Protect Your Mental Health!



### Take charge of your mental well-being.

Mental health support is vital for building resilience, managing stress, and boosting productivity. The NC Community Action Association is dedicated to fostering a supportive and healthy work environment, ensuring the long-term success of community action professionals throughout the state.

### OUR SERVICES



#### Emotional Health Support

Structured session with a licensed professional. Designed to help CSBG staff manage stress and address personal or workplace challenges.



#### Free to NC CSBG Staff

A unique opportunity to access essential mental health support at no cost to staff or agencies.



#### Referral Services

Referrals will be provided for individuals needing more specialized support.

### YOU'RE NOT ALONE — SUPPORT IS HERE!

The North Carolina Community Association (NCCAA), in partnership with Integrated Family Services (IFS), is offering free, confidential emotional health support for Community Services Block Grant (CSBG) staff.

Take advantage of one-hour sessions designed to help you manage stress, navigate personal or workplace challenges, and enhance your well-being—all in a safe, supportive space with guidance from licensed clinical social workers (LCSW).

**Your well-being matters. Connect, share, and find the support you deserve!**

**Questions? Contact: Sheryl Andrews, CSBG Liaison**  
**Phone: 919-790-5757**  
**Email: [Sheryl.Andrews@nccaa.net](mailto:Sheryl.Andrews@nccaa.net)**

**Make An Appointment**

### Share Community Action News with a Friend

As a member of the NCCAA community, we work to empower low-income families, change people's lives for the better and improve the communities we serve. We are all dedicated to helping people help themselves and each other. Please take a moment and forward this news to a co-worker and grow the community of professionals dedicated to this important work.

**Click to Sign Up for Emails**

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