



*Happy
Valentine's
Day!*

We know how difficult this holiday can be, so we wanted to reach out and **REMIND YOU THAT YOU ARE NOT ALONE.**

At Interface Behavioral Health, we work non-stop to help you work through life's difficulties. So, whether you are dealing with a tough breakup, you are nervous in a new relationship or you're struggling being alone, we are here for you.

Our Care Coordinators are available to help you get the care you need, no matter the issue, including:

- Stress management
- Depression/anxiety
- Marriage and family
- Grief or loss
- And more

Have an emergency?
Our Crisis Counselors
are available 24/7 at
800-324-4327

Not ready to call? No worries—**we're here for you when you are.**

Here are some tips to have a **mentally healthy** Valentine's Day from licensed Marriage and Family Therapist, Darlene Lancer.



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