



Family & Community Support Systems, LLC

Mental Health Support

Feeling overwhelmed by all that is happening in your life? Would you like someone to support you as you make positive change in your health, life and relationships? We are here to assist you with our Mental Health Support Services.



Your Support Worker Can Help With:

1. Connecting you to valuable and needed resources
2. Managing your medication and setting up regular doctor's appointments
3. Planning, scheduling and organizing your activities and responsibilities
4. Practicing and improving communication skills
5. Learning ways to cope with life's challenges
6. Learning to prepare healthy meals
7. Developing or enhancing positive relationships and supports in your life
8. Time management and better organization
9. Money management (establishing and living within your budget)
10. Coaching to help you monitor your health, nutrition, and physical condition
11. Making sure you have food and shelter
12. Employment and transportation goals

Services provided to Medicaid and FAMIS recipients who qualify!

FAMILY & COMMUNITY SUPPORT SYSTEMS, LLC
2807 N. Parham, Suite 306 • Richmond, VA 23294 • (804)762-8716
www.wesupportfamilies.com