

Stay **POWRFUL** with a Free Annual Check-In

TCSO is expanding its POWR Program with the Samaritan Center to include a **free Annual Mental Health Check-In — a \$120 value.**

Just like the 10 free therapy or acupuncture sessions already available through POWR, your Annual Check-In is free, completely confidential, and available virtually or in person.

WHY SHOULD I CHECK-IN?

A check-in today can help you stay ahead of tomorrow's challenges—before they become something bigger.

WHAT CAN I EXPECT?

An Annual Check-In is just a big picture look at your mental and emotional well-being. Before your appointment, you'll complete a brief questionnaire. Your responses will be used to help you:

- Get a snapshot of how things are going overall
- Identify areas where additional support, resources or skills could help
- Talk through concerns or challenges
- Brainstorm practical ways to support your well-being

WHAT HAPPENS NEXT?

Sometimes, one conversation is all you need. Other times, you may decide a little more support might be helpful. If you request a follow-up session, you can use one of your 10 free POWR sessions to address an area you identified during your Check-In.

Ready to get started?

Scan the QR code to schedule your free Annual Check-In.

Stay POWRful. Check in and Stay ahead.

