



*Professional counseling program welcomes referrals*

## Professional Counseling Program Client Criteria

**The Professional Counseling Program is a home-based counseling program for adults 60 years and over who live in Ramsey or Hennepin County and need professional mental health counseling.**

**This program uses volunteers who are licensed mental health professionals with a Master's degree or higher.**

### **Criteria for admission to the program include:**

- Age 60 and over
- Live independently or in an assisted living facility in Hennepin or Ramsey County
- Experiencing moderate to severe mental health issues which warrant professional counseling, such as:
  - Depression
  - Anxiety
  - Grief and loss
  - Adjustment difficulties
- Amenable to professional counseling, including participation with diagnostic testing and other basic paperwork
- Not currently participating in professional counseling
- Cognitively able to benefit from counseling support
- Clients must not be imminently suicidal or experiencing an acute psychiatric crisis which requires case management services

**For more information on referring clients, please call 612.721.6215**

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