

## Mental health needs during the eastern Kentucky flood

Anthem Blue Cross and Blue Shield Medicaid will be supporting efforts of The Foundation for Appalachian Kentucky to establish a network of licensed therapists willing to offer free office hours (via phone and virtual sessions) to share it across nonprofit and mutual aid partners for those working in relief areas and in need of mental health support.

The individuals impacted directly by catastrophic flooding, as well as all of the volunteers supporting recovery efforts have experienced significant trauma and are in need of professional support.

If you are capable and willing to lend your time and expertise, please contact Lora Smith via phone at **606-524-4074** or email at [lora@appalachianky.org](mailto:lora@appalachianky.org).



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