

BECAUSE YOU MATTER

Telehealth Well-Being Appointments

June and July 2022 | Wednesdays, 1:00–4:00 p.m.

Bedford Public Library

1323 K. Street, Bedford, IN 47421

**Need help with food,
clothing, housing, and
healthcare?**

**Feeling stressed and need
support?**

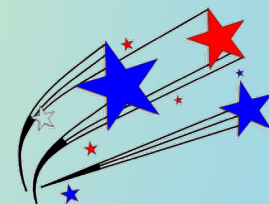
**Need help getting motivated
for change?**

**Struggling with sadness,
depression, or anxiety?**

Get free and confidential support online at your local library. Log on to a computer in a private setting and talk with a professional through video chat.

This service is open to adults, 18 years of age and older. Indiana University School of Social Work students will host telehealth appointments under the supervision of licensed social workers.

Please reserve your session in advance either in person at the library circulation desk, by phone at (812) 275-4471 or by email at nwatson@bedlib.com.



Endless Possibilities...
Bedford Public Library

In partnership with:



Indiana University Center for Rural
Engagement and IU School of Social Work

