

## **FOR IMMEDIATE RELEASE**

### **Safe Harbor Counseling Center Awarded \$300,000 Grant as Lead Grantee for Hands Up for Mental Health Initiative**

Springtown, TX – Safe Harbor Counseling Center, a Christian non-profit organization dedicated to providing affordable faith-based mental health care, has been selected as the lead grantee for the **Hands Up for Mental Health Initiative**, funded by a \$300,000 Community Impact grant from Texas Health Resources. The initiative aims to reduce mental health issues and associated health risks for residents living in Springtown’s 76082 ZIP code through expanded access to counseling services and a collaborative community effort.

This impactful initiative is a partnership between Safe Harbor Counseling Center, **Joyful Ranch Counseling**, and **First United Methodist Church in Springtown**, combining resources and expertise to address the unique mental health challenges faced by residents in this underserved area.

Joyful Ranch Counseling provides pet assisted and equine assisted therapy, allowing for a different option to counseling other than the more traditional approach.

First United Methodist Church in Springtown provides weekend food backpacks to students of Springtown Elementary and Goshen Elementary Schools. Due to the benefit of grant funds, they may be able to expand the number of schools and/or students served. Safe Harbor is currently using space at the Church to serve Springtown clients. They also serve clients at Neighbors to Neighbors as well.

Safe Harbor is also working with the City of Springtown to explore the coordination of a community garden, along with the efforts from other citywide organizations. We are hopeful this project will begin soon.

This grant will also cover trauma training for Safe Harbor staff, as well as groups and/or workshops that will meet identified community needs.

“We are deeply honored to receive this grant and to partner with Texas Health Resources and our dedicated collaborators to meet the pressing mental health needs of our community,” said Fran Simpson, Program Manager at Safe Harbor Counseling Center. “At Safe Harbor, we believe that everyone deserves compassionate, accessible care, and this (program) will allow us to bring healing, hope, and transformation to so many individuals and families in the 76082 ZIP code area.”

The **Texas Health Community Impact grants** target the unique needs of residents living in 32 ZIP codes identified as disproportionately experiencing health challenges, based on Texas Health's **Community Health Needs Assessment**, conducted every three years. The goal of these grants is to foster collaborations and implement initiatives that address significant health concerns in communities across Texas.

"We have witnessed the tremendous impact that can be achieved when we work with community organizations to tackle the unique challenges that residents in underserved communities face," said David Tesmer, chief community and public policy officer for Texas Health Resources. "From providing families free access to nutritious food and transportation to connecting residents to vital resources and support for their mental and physical health, these investments are not only meeting immediate needs but creating ripples of change for generations to come."

The Board of Directors at Safe Harbor Counseling Center express gratitude for this opportunity to work alongside Texas Health Resources and community partners to bring transformative mental health services to Springtown.

For more information about the **Hands Up for Mental Health Initiative** or to learn how you can support this initiative, please contact Safe Harbor Counseling Center via email at [INFO@SAFEHARBORCOUNSELING.ORG](mailto:INFO@SAFEHARBORCOUNSELING.ORG) or visit our website at [safeharborcounseling.org](http://safeharborcounseling.org).

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