

EBCRP Ryan White Substance Use and/or Mental Health Counseling

HOLISTIC HEALTH

HIV+?
Need to talk?

Live in Alameda or Contra Costa County?

*Call to schedule free and
confidential therapy in-person,
online, or on the phone.*

*Our specialty is supporting,
self-care, physical & mental
wellbeing, mindfulness,
relaxation, substance recovery,
and tobacco freedom.*

PAUSE • BREATHE • MOVE • NOURISH • SLEEP

To learn more, contact:

Leora Myers, RN, IM&S, Holistic Health Program Manager
lm Myers@lifelongmedical.org or (510)446-7180

**LifeLong providers- refer in Epic by ordering
"EBCRP Outpatient."*