



**Support from the
comfort of your home**



**Baraga County Memorial Hospital
(906) 524-3211**



Receive support in real-time using your telephone or computer, without the need to meet in person. Our teletherapy services are private, efficient, flexible, and designed to meet the unique needs of individuals typically 65 and older who may be experiencing any of the following:

- Acting as a Caregiver
- Chronic Health Condition
- Decreased Energy
- Difficulty Sleeping/Eating
- Feeling Lonely or Isolated
- Feelings of Uncertainty and Worry
- Life Transitions
- Loss of a Loved One
- Loss of Interest
- Recent Health Diagnosis

Anyone can refer an individual to the program, including physicians, family members, self-referrals, or other healthcare professionals. If you or someone you know could benefit from this program, please contact us.

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