

# HARD FEELINGS

STRONGER MENTAL HEALTH

## AM I ELIGIBLE FOR SERVICE THROUGH HARD FEELINGS?

If you are over **18 years old, and a resident of Ontario, Canada** you might be eligible for low-cost counselling through Hard Feelings.

Answer the questions below to find out more.



### BENEFITS

Do you have \$1500 or less in benefits to spend on counselling?

- YES
- NO, I have more than \$1500 in benefits to spend on counselling



### FINANCIAL VULNERABILITY

Do you identify as being financially vulnerable?

- YES, I currently face challenges to afford counselling services
- NO



### AFFORDABILITY

Are you able to afford \$70–\$100 per counselling session?

- YES
- NO, I am unable to afford these rates

If you answered **YES** to all the questions, you are probably eligible for service through Hard Feelings. **Contact a counsellor** to learn more.

If you answered **NO** to any of these questions, you are not eligible for service through Hard Feelings. You may benefit from free or market rate services. Check out our resource list of other supports.

QUESTIONS?

Email [info@hardfeelings.org](mailto:info@hardfeelings.org)

[www.hardfeelings.org](http://www.hardfeelings.org)  
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