

# HARD FEELINGS

STRONGER MENTAL HEALTH

## AM I ELIGIBLE FOR SERVICE THROUGH HARD FEELINGS?

If you are **18 years of age or older, and live in Ontario**, 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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