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**For more information: Jennifer Hart, Director of Development**

 **Heartland Counseling Services**

 **402.494.3337 or** **jennifer@heartlandcounselingservice.com**

**Union Pacific Railroad Foundation Grant Recipient, Heartland Counseling Services, Reflects on COVID Support**

Although the start of the COVID pandemic was over a year ago, Heartland Counseling Services is still running at warp speed to meet the continued high demand of services for those still coping and managing their mental health and substance abuse challenges. One thing that got Heartland through that first year was the financial support of individuals, corporations, and foundations such as the Union Pacific Railroad Foundation. As soon as Heartland heard about Union Pacific’s COVID-19 Relief Grant, they sprung into action and applied for funding. Within a month of submitting the grant, Heartland was granted an award of $15,000 to for Telehealth for the Silent Pandemic.

Now Heartland Counseling is taking a moment to pause and thank Union Pacific Railroad Foundation for that emergency support that helped over 150 people cope with their mental health. In a very short two-month period, the full grant award was expended to help individuals and families cover high deductibles, co-pays, and the cost of wrap-around services not covered by private insurances. By lifting these financial barriers, individuals struggling due to the pandemic were able to get the care they needed to combat the silent pandemic of mental illness and poor mental health.

“Heartland is so grateful to Union Pacific Railroad Foundation and the many others that stepped up last year and continue to step up in supporting positive mental health by breaking down the financial barriers often standing in the way of working-class community members needing help,” stated Executive Director Jennifer Jackson. “The past year was full of changes, sometimes things were changing by the hour! It was a tough time and many individuals are still working on processing it all while they continue to seek support to lead healthy lives.”

Heartland Counseling Services provides mental health and substance abuse services and education for the greater Siouxland area. For more information on Heartland Counseling, how you can access counseling or support services, or how you can donate to help others in their journey to positive mental health, visit [www.heartlandcounselingservices.org](http://www.heartlandcounselingservices.org) or call 402-494-3337.

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