



## Live your best life. Call the *confidential* **LAMP LINE at (941) 741-2995**

As a Manatee County Government employee, you have access to LAMP and a network of counselors and psychiatrists who are available to help. Whether you're facing communication issues at home, feel overwhelmed at work, feel sad about the world around you, or something else - LAMP can help. LAMP services include individual counseling, family counseling, psychiatric services, and referrals to specialists.



LAMP Supervisor, Randi, is the friendly voice at the other end of the LAMP Line. She will help you schedule an appointment with an in-house counselor or psychiatrist or provide a referral to a provider in the community. As a licensed social worker, Randi also provides counseling services in conjunction with several YourChoice programs.



Your in-house LAMP counselor, Claribel, practices solution-focused therapy to help you reach your goals and live your best life. Claribel is Bilingual (English/Spanish) and sessions can be in-person or via telehealth.

Your first five visits are at no cost to you. If you decide you need more than five visits, you'll just pay a \$15 co-pay. Call the LAMP LINE (941-741-2995) to schedule an appointment.



Your in-house Psychiatric ARNP, Jaqueline, offers psychiatric evaluations and medication management services for those who feel they may be suffering from depression, anxiety and other behavioral health issues. Sessions can be in-person or via telehealth.

Your first visit is at no cost to you. If you decide you need more visits, you'll just pay a \$15 co-pay. Call the LAMP LINE (941-741-2995) to schedule an appointment.

