



Providing behavioral health services to kids, adults and their families since 1984.

## An Open Letter to the People We Serve

It's no secret this year has been tough with the lock-down due to COVID-19. Kids trying to navigate school virtually. Families living and working together 24/7 without a break. Jobs lost. Family members taken ill. And the isolation... it impacts our whole community. Parenting teens is hard enough without all this, right? I know. I have a teenage son.

My name is Scott McGuirk, and I have the privilege of working for the utterly amazing folks of South Coast Community Services as their CEO. We are a mental health agency of 450 professionals and paraprofessionals, and we serve upwards of 10,000 people each year. We have a motto, "*sometimes you need a little help*" and we would like to be that little help for you. We **really believe** we can help.

Here is a message we like to share with our teens, yet this message applies to everyone.

- You are important to me and my team. We're just wired that way and that's why we got into this business. You were important to us before we ever met you.
- When things are tough and it's hard to see or feel love around you, remember that your value is not always something you can see, feel, or sense.
- You are important to the people around you, and to the people you haven't met yet.
  - You are important to the friends you have, and the friends you haven't met yet.
  - You are important to your teachers, and the teachers you haven't met yet.
  - You are important to your future life partner, and you are important to the kids you might have one day.
- If there was only one thing we could impart to you, it is that you have value that you can't even see. You are so very important to the people who love you now, and the people you don't know yet that will love you in the future. And believe it or not, they are counting on **your** love and friendship, too.

I am offering to have you call us anytime. We are open weekdays from 7:00am to 7:00pm. If you leave a message, **we will call you back**. We can get you started with help within one business day of your contact with us.

We keep everything confidential. We use a super-secure Telehealth platform. It's easy and it works great with your cell phone. If you don't have a smartphone, we might be able to get a loaner system for you.

Please remember this—you are **not** alone.

Scott McGuirk, CEO