





## What we do?

H4 stands for helping heal hurting hearts.

H4 @ EPIC provides patients a referral service with some of the local psychologists, psychiatrists, and counselors who are best matched with their symptoms.

Please note we do not offer counseling or psychiatric services at the facility. We assist community members seeking emotional/mental/behavioral health advise with guidance to locate professional help.

You can make an appointment, where a trained staff member will perform an initial information gathering session. Based on the outcome of the session the staff member will then match you with the best suited psychologist, psychiatrists, or counselors.

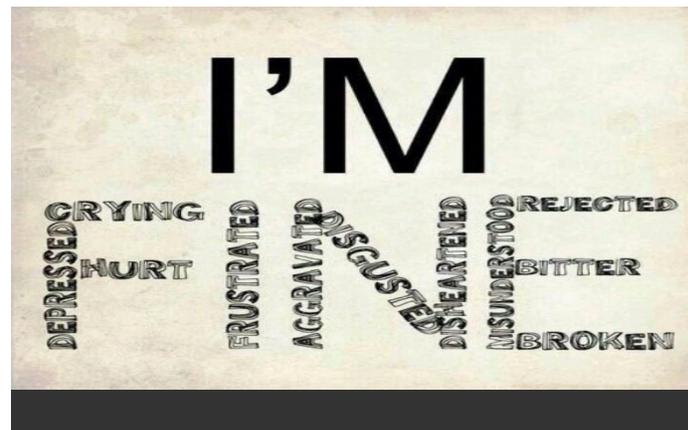
Information provided will be treated with utmost confidentiality. All the team is HIPAA certified and follow the strict guidelines of Patient Privacy and Consent.

***“Take the first step and reach out , so we can guide you to the right assistance.”***

## H4 @ EPIC

**Some of the issues that we can help you find resources for are:**

- Anxiety
- Depression
- Postpartum Depression
- Bipolar Disorder
- PTSD
- Anger Management
- Phobias, OCD
- Domestic Abuse
- Family Conflict
- Marital Conflict
- Personality Disorders
- Eating Disorders
- Truancy
- Autism Spectrum Disorders
- Learning Disability
- Personality Disorders



## What can you do?

We often tend to ignore emotional, psychological, and behavioral stressors.

We are willing to seek immediate help for physical ailments - which could sometimes be the result of psychological and emotional stress.

We realize that the field of emotional and psychological health is often surrounded by stigma and confusing information.

Not seeking help can further affect you and your loved ones. H4 @ EPIC Initiative is EPIC's way of helping you identify and locate the most appropriate resources you need.

**Reach out to us, so we can provide the guidance and assistance that can help!**

LET US  
**Help You...**

### Contact Us

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On the web: [www.epicmasjid.org](http://www.epicmasjid.org)