

Do you need to talk to a "peer" about a mood struggle issue?

If so, then send me an email and I will email you back our toll-free number. This way we can talk . . .

Email at MAttar@GoodMoodFoundation.org.

If you are having a mental health crisis or life threatening emergency please dial 911. The directors of the Good Mood Foundation do not endorse or recommend the use of any specific treatment or medication for any type of mood struggles. I am NOT a mental health professional. For advice about specific treatments or medications, individuals should contact their physicians or mental health professionals.