



Aging True is pleased to offer virtual mental health counseling to Clay and Duval County seniors and their caregivers.

Participants receive face-to-face counseling services via the Telehealth platform. These services include community referrals, access to necessary support systems, education on mental health symptoms, coping-skill training, and individual counseling.



Participants need to have Internet accessible technology and an Internet connection. Those who need assistance acquiring the necessary technology should contact us at (904) 807-1243.

Eligibility

Seniors 60 and Above who:

- Are experiencing increased social isolation
- Are having difficulties adjusting to age-related health concerns
- Have a change in their living situations from independence to living with family members
- Have been abused/neglected
- Are victims of fraud

Seniors 60 and Above and/or their Caregivers or Family Members who:

- Are experiencing symptoms of depression, anxiety or grief
- Are struggling with dementia behavior and require assistance
- Are considering Assisted Living Facility or nursing home placement
- Have experienced a recent loss

Contact for More Information

Claudio Ventura, LCSW
Director of Mental Wellness
(904) 807-1243
CVENTURA@AGINGTRUE.ORG

Major Funding for Aging True Services and Programs From



Aging True's virtual counseling program meets the requirements as specified and outlined in the Florida law HB 23 (April 29, 2019):
<https://www.flsenate.gov/Session/Bill/2019/23/BillText/er/PDF/>