

# World Mental Health Day

## Empowering Minds & Changing Lives



**Seneka Chaney**  
PMHNP, FNP

“Self Care is Power!”



**Doris Kochinsky**  
LCSW

“Your Mind Matters!”



**Blanca Osorio**  
MD

“I am pleased to  
serve your  
medication needs by  
remote telehealth  
psychiatry!”



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SPANISH HOTLINE - 318-357-9441

