



## *Mahroo Moshari, LCSW* *Private Practice*

Hello Friends, Colleagues, and Educators,

I am Mahroo Moshari, a psychotherapist with over 20 years of experience in the mental health field. Some of you may know me from my wonderful work with the Manhattan Multicultural Summer Youth program at the United Nations. [www.mmcnyc.com](http://www.mmcnyc.com) I believe in a universal and multicultural approach and provide culturally sensitive therapy in English, Italian and Farsi.

We are ALL living in uncertainty during the #COVID-19 pandemic. ALL of us face unprecedented personal and professional challenges, which bring up feelings of isolation, anxiety, and sadness. ALL of us, wherever we are in the world, are grieving because of loss. The upheaval caused by the pandemic leaves us ALL confused and fearful.

I am concerned about the large proportion of children and families who need help but are not stepping up to receive care due to fear of stigma and cultural barriers.

We live in a diverse interconnected world. Culture and diversity influence many aspects of our mental health; symptoms communicate the need for care and can contribute to mental illness if not addressed. Mental disorders occur across all cultures and at all stages of life. If not treated, risk factors increase and may lead to other health problems.

Prioritizing our mental health is critical during the #coronavirus crisis. We can ALL manage our wellbeing by overcoming the stigma and barriers that prevent us from seeking treatment for a wide variety of mental and emotional issues.

Mental health is of paramount importance not only for personal well-being, but to improve family relationships and an individual's ability to contribute to society. More than ever, our human family around the world needs to come together with solidarity to overcome the #COVID19 pandemic.

If you need help, or know someone who needs help during this global crisis, please refer them to me. Remember, no health without mental health and social well-being! In offering my [counseling services](#), I hope my small action will make a big difference in your life.

THANK YOU for your referral!!!  
Mahroo Moshari, LCSW