

We Address:

- HIV/AIDS/STDs
- Mental Health Concerns
- Substance Abuse
- Food Insecurities
- Homelessness
 - COVID-19
- Harm Reduction (PrEP)
- Minority LGBTQ+ Disparities
- Linkage to Care

Safe Space

TEC's MMHY Clinic offers a safe space for you to meet for open and honest discussions to take place about mental health and other topics that affect you in the community. Also provided are prevention and education opportunities. Safe spaces are also available to all in need from Durham, Raleigh, Chapel Hill and the surrounding areas regardless of ability to pay.

Meet MMHY

TEC's MMHY (Medical, Mental Health & You) Wellness clinic has a mission to empower groups to action by helping people in crisis through assistance, placement, referrals, and prayers.

MMHY Clinic is positioned to meet the needs of persons from various socio-economic backgrounds, to include those with low income, homelessness, unemployed, disabled, substance abusers, HIV/AIDS, those who identify as part of the LGBTQ+ community and others who find themselves in crisis situations.

The types of assistance MMHY Clinic offers are intended to bridge gaps to long-term solutions to problems for historically under-served populations in our community.

**It is estimated that
1 in 4 people
suffer from a mental illness**

Research demonstrates that mental health is key to overall physical health and that early detection and treatment can result in a substantially shorter and less disabling course of illness.



Medical, Mental Health & You Wellness Clinic

A collaboration of many people, voices and communities from all walks of life empowering a new way of life serving Durham, Orange, Johnston, Alamance and Wake counties as well as surrounding areas

**Hours of Operation:
Monday-Friday
11am-7pm**

**112 Broadway Street Suite B
Durham, NC 27701
Phone: 984-209-1991**

**Email: triangleempowermentcenter@yahoo.com
Website: <http://triempowerment.org/>**

IT JUST GOT EASIER TO ASK FOR HELP

How Can Working on Mental Health Help?



Your mental health plays an important part in how you think, feel and act. When it is out of balance it can affect how we make decisions, handle stress, and even relate to others. When you have a hard time staying balanced, and begin to see some of the warning signs, such as:

- Feeling Overwhelmed
- Long-lasting sadness or irritability
- Extreme highs and lows in mood
- Excessive fear, worry, or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Trauma, Mental, or Physical Abuse
- Increasingly inability to cope with daily problems and activities
- Thoughts of suicide
- Panic Attacks
- Abuse of drugs and/or alcohol

Mission of TEC's MMHY Wellness Clinic

Our mission is to empower the LGBTQ+ and marginalized communities of color at risk. Those living with mental illness and other health disparities through support services, telehealth, research, education, clinical trials, advocacy, prevention, and treatment. In an effort to assist, them take control of their lives, while making sound health decisions. We offer all services for those uninsured free or little to no cost,

"Our Goal"

Our goal at TEC's MMHY Wellness Clinic is to elevate people in crisis falling through the gaps of life and helping them to become more self-sufficient. MMHY promotes recovery, discovery, resiliency, and overall well-being through prevention, treatment and treatment, as well as integrated services for clients experiencing co-occurring mental illness and substance abuse. We realize that there can be a lack of appropriate support systems available. That is why we are also here to promote self-sufficiency and build self-esteem through empowerment and education.

VIRTUAL VISITS
Now Available
HOW CAN WE HELP YOU?
984-209-1991
CALL TODAY

MMHY Clinic Programs

- Peer Support/Community Linkage Coordinators
- HIV/AIDS Case Management, Pre/Post Testing, Counseling, Prevention, Education, Research Studies, and Free In-Home Rapid HIV Test
- Medical/Mental Linkage to Care
- PrEP Navigation/Ambassadors
- Health Screenings
- Mental Health intake (depression, bipolar, OCD, PTSD, Anxiety, etc.)
- COVID-19 supportive services
- Harm Reduction: Condom Distribution, Needle Exchange, PrEP & STD/STI testing (blood draw & rapid)
- Comprehensive Telehealth (individual or group) medical/mental counseling service
- CDC interventions (MPOWERment, 3MV, VOICES/VOCES, ARTAS, etc.)
- Emergency food, transitional housing and transportation assistance
- Coordinated Intake Assessments & linkage to care certified Peer support specialist & community health worker
- SOAR-SSI/SSDI Outreach, Access and Recovery
- Wraparound services
- Qualified Psychiatrist, Therapist, Case Managers Physicians, Doctors & Nurse Practitioners
- Outpatient/Inpatient Mental Health referral and more!