



**RUSSIA:** Mental health is important! On this #WorldMentalHealthDay we want to share how mental health is just one of the many ways that HopeChest holistically cares for the children and young adults we serve.

In Russia, Disciplers from HopeChest Ministry Centers visit orphanages once a month to encourage the children, mentor them, and take the time to get to know their stories. Social workers and trained counselors are also on hand at our Ministry Centers to help orphanage graduates overcome the emotional and psychological challenges they face.



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#WORLDMENTALHEALTHDAY