



**COPPER
MOUNTAIN**

FREE Employee Counseling!

- Copper and Elevated Community Health have partnered to offer **FREE** counseling to all employees/volunteers
- **EDGE Building - Room 114**
- Appointments available between 10:00am-6:00pm on Tuesdays (starting 11/17/26)
- Call 970-668-4040 (Option 3) to make appointment
- Walk-ins available if space

Meet Your Provider - Rachel Segal

Rachel has a Master's Degree in Clinical Mental Health Counseling from Prescott College and a post-graduate certificate in Adventure-Based Counseling.

She believes that every person has an inherent ability to foster their own self-growth and healing, and providing a non-judgmental space to be heard and understood facilitates that growth for individuals. She also believes in the power of nature and adventure experiences as agents for meaningful change.

Rachel's approach to therapy utilizes mindfulness-based practices and experiential modalities to help clients connect more deeply with their own inner experiences.



Elevated Community Health

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