

FOR IMMEDIATE RELEASE  
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**May is Mental Health Awareness Month  
Nick Soggu, Local CEO Challenges the Public  
to Help Raise Awareness through Fundraising Effort for PCS**

**Manchester, N.H.** – *May is National Mental Health Awareness Month*, a month designed to raise awareness of the struggles of mental illness and lessen the stigma. PCS, a local non-profit agency that offers mental health counseling to children, adolescents, families, individuals has been given a challenge by **Nick Soggu, President and CEO of Silvertch**, a leading digital marketing and technology agency - Nick has pledged he will match gifts up to \$5,000 during the fundraising campaign,

“We are extremely grateful for the matching pledge donation from Nick,” said David Reynolds D.Min., PCS Executive Director. “Nick has been very committed to this organization over the years, and we value his insight and support during this fundraising effort. All proceeds of the funds raised will help PCS increase our services by building capacity to add new staff so we can meet the increasing demand for quality services for children and families of people struggling with addictions, broken relationships, and struggling individuals. We are a valuable resource for those in need of mental health counseling; but the need of those suffering has grown in our community – but we need to match those needs with services.”

"PCS has been instrumental in transforming and improving the lives of individuals in Manchester and surrounding communities," said Nick Soggu, President and CEO of Silvertch, a leading digital marketing and technology agency. "By recognizing the prevalence of mental illness in our community, PCS is in need of further support. Their counseling services are an asset to our community, offering a very necessary and important outlet to those in need."



Donations can be accepted through PCS' secured website:  
<http://www.pcs-nh.org/> or by calling PCS at 627.2702 x 110.

PCS will also host an **Open House History Tour on May 22 at 5:30pm** with **John Clayton** to Celebrate its "Donor Match Impact Challenge" and National Mental Health Awareness Month.



**John Clayton**, will share historic stories of PCS' historic home, the **Manning House**. John is the Executive Director of the Manchester Historic Association and Millyard Museum. His love of writing, history and New Hampshire inspired him to pursue a career in journalism, which began at the New Hampshire Union Leader. He spent 25 years there as a reporter and columnist, authoring seven books about Manchester and New Hampshire along the way. His "*In the City*" column was a fixture on the front page of the Union Leader for

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more than 20 years and won numerous awards, including best local column from the New England Associated Press News Executives and "*Best Local Author*" from the readers. John is a past *PCS Good Samaritan Award Honoree*.

**About PCS** - PCS was founded in 1979 and provides the best psychotherapeutic techniques while respecting the natural connection between the physical, mental, emotional and spiritual dimensions in the psychotherapy process. PCS is an agency in which clients *Feel Heard, Feel Cared for and Feel Better*. In addition to our counseling services, PCS impacts the vitality of the community by partnering with other non-profit organizations to help underserved & at risk populations with stress management techniques. PCS also honors those who pursue extraordinary measures to strengthen communities and improve life in New Hampshire with the Good Samaritan Awards, an annual tradition since 1996. For more information visit [www.pcs-nh.org](http://www.pcs-nh.org) or call PCS at 603.627.2702.

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