

FOR IMMEDIATE RELEASE

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***PCS Welcomes Two New Licensed Clinical Mental Health Counselors
Specializing in Substance Abuse
and Anxiety & Depression in Children & Young Adults***

Manchester, N.H. – PCS, a non-profit organization offering psychotherapy services is pleased to announce the recent hires of Barbara Merrill, LCMHC and Kevin Longo, LCMHC, MLADC to its experienced and distinguished staff. PCS located in Manchester, N.H. with satellite offices in Bedford, Nashua and Portsmouth offers through their skilled psychotherapists a variety of high quality and affordable counseling and community programs to individuals, couples, families and children.

Barbara Merrill, LCMHC of Nashua, N.H., is a Licensed Clinical Mental Health Counselor who specializes in working with children, adolescents, and young adults. At PCS her areas of focus include; anxiety, depression, trauma, divorce, changing families, grief and loss. Her approach is active, strength-based, and client centered. She incorporates techniques from Cognitive Behavior Therapy, Dialectical Behavior Therapy, Trauma-Focused CBT, expressive arts, and play therapy. She uses principles of mindfulness and relaxation to help clients manage emotions and reach the goals they have set for themselves. Merrill will continue to see patients at Spidaliere Psychological Associates in Nashua, N.H, previously she was a therapist with the Greater Nashua Mental Health Center also in Nashua.



Kevin Longo, LCMHC, MLADC of Manchester, N.H., is a Masters Licensed Drug and Alcohol Counselor and a Licensed Clinical Mental Health Counselor. He completed his Master's Degree in Clinical Mental Health Psychology at Rivier College and his undergraduate degree at St. Anselm College in Manchester, N.H. For the past 15 years he has worked with opioid dependent individuals and is able to complete Substance Use Evaluations for his clients. Kevin's interests include working with those who experience a variety of addictions, PTSD, anxiety and mood disorders. Longo was most recently with Habit Management Inc.

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. PCS is located at 2013 Elm Street in Manchester, N.H. with satellite offices in Bedford, Nashua and Portsmouth. For more information, visit PCS' website at www.pcs-nh.org

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