



Your mental health matters

Mental health services (ages 12+)

Did you know almost one in five people struggle with mental health issues? It's totally normal to find it tough to talk about, but remember, your brain is just as important as your body. Let's take care of both.

Need someone to talk to? We're here for you. Marathon Health offers mental health counseling exclusively for eligible IBEW Local 38 members and their families, all at no cost. Whether you are feeling stressed, have anxiety and/or depression, relationship issues, trauma or other mental health concerns, our mental health provider is here to support you. We're here to listen.

Meet your mental health Provider



Rita Abdallah, LISW-S, ACSW

Rita holds a Bachelor's Degree in Political Science from John Carroll University and a Master's in Social Work from the University of Connecticut. With extensive experience supporting individuals and couples through challenges, such as chronic illness, relationships, career stress, spiritual exploration, and resilience, Rita is dedicated to helping others navigate life's complexities. Outside of work, she enjoys traveling, practicing yoga, and watching sunsets.

Mental health services

- Anxiety, excessive worries
- Depressed mood, sadness
- Grief
- Irritability
- Stress
- Trauma
- Relationship concerns
- Substance or alcohol misuse

Suicide & crisis lifeline:

Call or text 988

Crisis text line:

Text the phrase HOME to 741741



Schedule an appointment

Call **216-539-2702 (Brooklyn)** or **216-245-5680 (Beachwood)** or visit **my.marathon.health**

