**Hearts for Sight Foundation**

## **Our Mission**

**The Hearts for Sight Foundation (HFS) is a non-profit 501c(3) organization whose mission is to  break down barriers to health and fitness that restrict the blind and visually impaired, so that they may pursue physical, mental, and emotional wellness.**

**Hearts for Sight Foundation envisions a blind and visually impaired community that is empowered, confident, capable, and healthy.**

**Hearts for Sight Foundation envisions a society where Visually Impaired People (VIPs) can count on unfettered access to and unhindered use of health facilities and services.**

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## **Mental Health Support**

**We are proud to announce that we are now in-network with the following insurance providers:**

**Carelon Behavioral Health | Oscar (Optum) | Quest Behavioral Health | Aetna | Cigna | Oxford (Optum) | United Healthcare (Optum) | Blue Cross Blue Shield of Massachusetts | Magellan | Anthem Blue Cross California | Blue Shield of California**

**If you have access to the above-mentioned providers and would like support, please contact us.Ask about low-cost services if your insurance provider is not listed.**

**We’re also excited to welcome two new therapists who can provide services in Spanish, furthering our mission to serve the diverse needs of our community.**

**At Hearts For Sight, we recognize that vision loss doesn’t just impact the individual—it affects families and loved ones as well. Supporting someone who is adjusting to blindness or low vision can be challenging, and learning how to navigate this journey together takes understanding, patience, and care. That’s why we also offer support for friends and family members of those living with vision loss.**

**Whether you are:**

* **Adjusting to vision loss,**
* **Dealing with depression or anxiety,**
* **Seeking effective coping strategies,**
* **Navigating challenges as a family or support system, or**
* **Simply in need of a safe space to process your emotions—Hearts For Sight is here for you.**

**We are honored to stand beside you, helping you and your loved ones build resilience and find empowerment in the face of life’s challenges.**

**Let us support your mental wellness journey—together, we can make a difference!**

**Email Joseph Burton @****jburton.hfs@gmail.com**

**or call****818.253.4233****for more information.**

## **Hearts for Sight Mental Health Survey**

**Hearts for Sight Foundation is conducting a survey about access to mental health services and mental health resources. Additionally, Hearts for Sight Foundation will conduct focus groups. To participate in the survey, click on the link below.**

## **Hearts for Sight Foundation Survey Link**

**[https://conta.cc/4eCZkLY](https://conta.cc/4eCZkLY%22%20%5Ct%20%22_blank)**