



Annual Report



2021

2021 Highlights

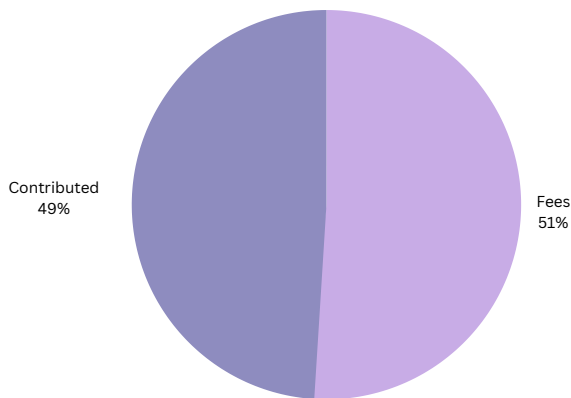
In 2021, we continued offering therapy services via telehealth as well as in person in our eight Middle Tennessee offices. We held 17% more counseling sessions from the previous year and increased the number of clients served by 18%. With support from the Community Foundation of Middle Tennessee, we offered a series of free webinars to the community, presented by Insight therapists on a variety of relevant mental health topics. We premiered a virtual program for our 3rd annual Journey to Wholeness fundraising event, raising funds to support clients on our income-based fee scale. One of the brightest highlights of the year included returning to Vine Street Christian Church in a newly renovated counseling office.

6,721 Counseling Sessions

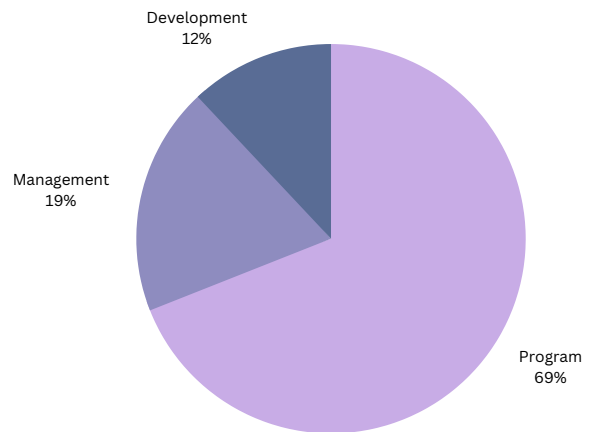
905 Clients Served

87% of Clients Using the Income-based Fee Scale

INCOME



EXPENSES



CONTRIBUTED INCOME

- 56% Foundations**
- 21% Individuals**
- 14% Corporations/Events**
- 9% Congregations**

"I feel like I have more tools to go forth and handle my problems when they come up. I feel more balanced, more at peace, and more willing to both tackle issues and give myself rest when needed."