

Faces Of New Bedford #112: Amy Moreira

Meet Amy Moreira, 29-year-old Licensed Mental Health Counselor.



Amy was raised in a Portuguese family, that immigrated to New Bedford in search for a better quality of life. She witnessed many of the issues in the community, which shaped who she became as a person. During high school, she started volunteering in New Bedford in areas of juvenile probation and domestic violence.

She continued her studies until she was first generation in receiving a Master's degree in Clinical Psychology from the University of Massachusetts Dartmouth. Since graduating, she has had success working in educational settings, hospitals, correctional facilities, as well as the New Bedford Crisis Center.

Amy own's a private practice, More MH Counseling, LLC. She hopes that her own platform will allow her to educate and reduce stigma in facing the various mental health issues that exist including suicide, substance abuse, and youth violence. She specializes in Cognitive Behavioral Therapy and is fluent in both Portuguese and Spanish. She wants to give back to the

community and often reserves a number of sessions pro bono. She hopes to see New Bedford use it's resiliency to grow as a community.

"Focus on personal growth by challenging yourself daily."

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com.

Follow Colton on Instagram:
<https://instagram.com/simmonscolton>

Read more of the Faces of New Bedford series **here**.