



CONTINUING TO PROVIDE SUPPORT FOR YOUR MENTAL HEALTH NEEDS

Tele-Therapy Appointments now available!

Outreach Teen & Family Services is a caring, nurturing place where we make space for you on your journey to make the changes you want to stay well. Our counselors will support and guide you through **these very challenging and changing times. In response to changes brought about by the COVID 19 pandemic, we now offer Telehealth services in lieu of in person sessions.**

We are presently accepting new clients for telehealth counseling sessions.

You just need a cell phone, landline, smartphone, tablet or computer with internet access and privacy to have a session. Privacy can mean a space in your house, in your car or in your yard or on your patio/deck.

Follow us on [Facebook](#) to connect with us and get inspirational messages and ideas during this time of uncertainty. Check our [website](#) regularly for updates and helpful information.

If you are already a client, please contact your therapist directly. If you are interested in scheduling a new client intake, please email us at info@outreachteen.org and we will help you to discern if telehealth support is a viable option for you or your child.

Please visit our [website](#) to find our [tele-therapy informed consent document](#). Review it and please do not hesitate to contact us with your questions. Prior to sessions, new or continuing, all clients are asked to complete and return the consent prior to start of counseling.

If you are experiencing a Mental Health Emergency, please contact RESOLVE Crisis Services at 1-888-7-YOU-CAN (796-8226) or call 911.