



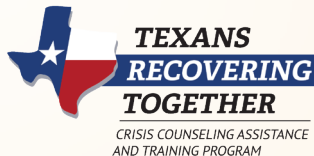
COVID-19 Crisis Counseling Program

Free and anonymous counseling

The Center for Health Care Services is now offering a new Crisis Counseling Program to help you and your loved ones deal with feelings of anxiety, grief, isolation and loss associated with the COVID pandemic. We're here for you if you need help.

Our compassionate counselors will:

- Provide emotional support
- Help you develop coping strategies
- Link you to other community resources



The Center for Health Care Services

If you need help,
we're here.

Call us at
(210) 540-7401

to speak with a counselor,
Monday through Friday
from 8:30 am to 5:30 pm.

If you or your loved one
is in a crisis, call our Crisis
Hotline at (210) 223-SAFE
or call the State of Texas
hotline at (833) 986-1919

or email us at
crisiscounseling@chcsbc.org
for an appointment