

Services

All services are free of cost

St. Paul's Episcopal Church
Iglesia Episcopal San Pablo
7843 Park Place Blvd.
Houston, TX 77087



- ❖ **Brief Therapy**
- ❖ **Crisis Counseling**
- ❖ **Assistance and Referrals**
- ❖ **Counseling**
- ❖ **Psychoeducation**
- ❖ **Family Therapy**
- ❖ **Support Groups**

Office: 713-645-5031
Direct to Counselor: 832-409-1075

Hours
Tuesday 8am – 5pm
Wednesday, Thursday 10am – 8pm
Friday 8am – 3pm

Facebook:
St. Paul's Episcopal Church/
Iglesia Episcopal San Pablo

Post – Hurricane Harvey Counseling and Behavioral Health Program

Have you or a family member experienced difficulties after Hurricane Harvey? Have anxiety or depression increased after Harvey or any other situation? Please reach out the Behavioral Health Specialist to see how they can assist you.

Services

- ❖ **Brief Therapy:** 2 to 4 solution focused sessions with the counselor
- ❖ **Crisis Counseling:** Support through a crisis and learning new coping skills
- ❖ **Assistance and Referrals:** Helping clients with different resources needed
- ❖ **Counseling:** 5 or more sessions with the counselor
- ❖ **Psychoeducation:** providing education on various topics
- ❖ **Family counseling:** Involves all family members in session
- ❖ **Support Groups:** There will be groups lead by the counselor to discuss and process different topics.

Who should go to counseling?

Everyone! Counseling can help you manage stress, anxiety, grief and loss, improve family relationships, establish boundaries, and define or meet your goals. Just because you seek help it does not mean there is something “wrong” with you.

Benefits of Counseling

Provides a safe place to share with someone who will be there to support you and provide confidentiality. You will not be judged for what you disclose. You can increase your self-esteem, reduce stress and have someone that listens to you.

Who should seek services or assistance?

If you have depression, anxiety or need other types of help, feel free to reach out to the Behavioral Health Specialist to see how she can help you or your family.

If you have been a victim of Hurricane Harvey experiencing difficulties, please reach out to the Behavioral Health Specialist to see how she can assist you.

Who is the Behavioral Health Specialist?



Marisol Salgado, MA, LPC, NCC

Marisol is a Houston native of Latino descent. She is fully bilingual in English and Spanish. She received her Bachelor of Science in Psychology and Master of Counseling with focus on Clinical Mental Health. She has experience working with various mental health issues, victims of domestic violence, victims of sexual assault and persons who experience trauma. She has worked in social services for the past 8 years and has provided counseling for the past 4 years. She has experience working with the Latino community, immigrants, teenagers and adults. She is a Licensed Professional Counselor in Texas and a National Certified Counselor.

“Counseling is not just for when we are in a crisis or feel sad. We can all become better versions of ourselves and through counseling we can reach our potential” - Marisol Salgado