



TELE-HEALTH COUNSELING

Many people are struggling with anxiety, depression, and family conflict as we face the effects of COVID-19 together, and often in close quarters, with worries for jobs, finances and supplies to weather an unknown period of time. Some of you may unfortunately experience grief and loss as a result of this pandemic as well.

Call us at 713-222-2525 to set a phone or video conference appointment. Faith-based services and play therapy are available. IA is only doing in-person appointments with children who absolutely need Play Therapy and cannot benefit from TeleHealth services. We are staggering Counselor schedules to ensure that you and your child are the only people in the waiting room and are cleaning between clients for your family's safety. This also means your child's Therapist is only available one day a week, so we appreciate your understanding and patience.

If you feel the need to speak to a counselor, Innovative Alternatives, Inc. is offering remote sessions via phone or Skype for Business. We have free services for people in 13 counties around Houston, if you have experienced any kind of abuse or violent crime at any time in your life--because this COVID-19 crisis can trigger any past trauma issues.

IA serves any Texas resident using insurance or a sliding scale fee schedule. Some Texas counties are eligible for free services to survivors or witnesses of crime, they are: Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller, Wharton. Please call to verify eligibility .