



# SAMARITAN CENTER



Dear friend,

Together, our community struggles to meet the challenges presented by [COVID-19](#), a public health issue unlike anything we have experienced before. Our priority continues to be the health and safety of clients, our staff and our whole community. [Samaritan Center](#) remains committed to continuing our service to the community.

Starting today, we have converted our services entirely to telehealth. **We remain open for business**, even though our doors are locked. Though no physical walk-in hours are currently available, you can call us and get scheduled for a telehealth appointment.

**Call our main number if you have any questions or to schedule an appointment: 512-451-7337, option 8.**

## Telehealth

Samaritan Center has been offering telehealth for several years, so this is not new to us. It is easy to use, and research shows that it is as effective as in-person therapy. In addition to **counseling**, we are also able to provide our **integrative medicine services** through telehealth including herbal medicine and nutrition consults, instruction in corrective exercise, acupressure and self-massage, meditation/mindfulness and breathwork.



If you're new to teletherapy, [here's an article](#) that gives some background. We use a **secure, HIPAA compliant platform** that provides video and audio connection. A client simply opens a link sent to them by their therapist in an email. It's very similar to being in the same room with a therapist. It reduces barriers such as transportation, mobility problems and childcare. Currently, during this coronavirus adventure, it is a perfect solution.

## Message from the Clinical Director, Shawna Moss, LCSW

Humans are spiritual beings and we draw strength, connection and meaning through our spirituality. We help heal and provide hope by connecting to people and supporting them as they navigate how to better connect to others.

[Read more on our Blog](#)



## Appointments

**Call our main number if you have any questions or to schedule an appointment: 512-451-7337, option 8.**

This is a challenging time for all of us, as we deal with how COVID-19 impacts our families and loved ones, and we want you to remember, we're all in this together, and we're here to help.

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### Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

### Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.



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Samaritan Center | [\(512\) 451-7337](tel:5124517337)

