



SAMARITAN CENTER



Samaritan Center Blog

Kamini Verma, LCSW-S, RPT-S, helps all of us think about the breath. Join us this morning by reading her post called:



[Regulating In Times of Uncertainty](#)

Here's an excerpt to [get you started](#):

Your response to all of this is normal. As I said earlier, everyone has a nervous system. Everybody is having a response that is based on their perception of the threat they are facing. Your perception and risk level are different than your neighbor, your spouse, your child, your boss and all your perceptions are influencing your nervous system.

[Read the Blog Now](#)

A Special Message From Our Clinical Director, Shawna Moss, LCSW-S



Together, our community struggles to meet the challenges presented by COVID-19, a public health issue unlike anything we have experienced before.

It is easy to feel alone and lonely during these times, as we stay home for our health and the health of our communities. We at Samaritan Center want to remind you we are here for you, and that **you are not alone**.

We will continue to be a support for you.

Samaritan Center counselors and integrative medicine providers are offering services through a safe, secure, and HIPAA-compliant online platform. It is simple and easy to use, and we can schedule appointments quickly – in some cases, the very next day.

Please call our main number at 512-451-7337, option 8 to schedule an appointment.

We look forward to hearing from and connecting with you.

Stay safe and be well,

Shawna

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)

