

FOR IMMEDIATE RELEASE



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Saginaw, MI – Mental health services are vital during the COVID-19 crisis. Child & Family Services of Saginaw’s priority during this challenging time is to assure that our community knows that counseling services and mental health treatment is still available through telehealth appointments.

A public health crisis like the coronavirus can cause an uncertainty and stress. That is why our team has worked very hard to ensure that our Counseling Center, Employee Wellness Center and Sexual Assault Center have shifted all therapy visits to telehealth appointments via phone or video counseling.

Child & Family Services provides close to 1,000 counseling sessions a month to individuals in our community. We help clients improve relationships, gain insight, increase coping skills, promote personal growth, cope with stress, treat depression/anxiety, overcome trauma and negate personal challenges. This social distancing and isolation necessary to stop the spread of the virus can also increase the feelings of loneliness and need for support, to access services you are encouraged to contact our office at (989) 790-7500 or e-mail us at intake@cfs-saginaw.org.

Child and Family Service of Saginaw County is dedicated to enhancing the quality of life in our community by fostering personal growth, emotional development, trauma recovery, self-reliance and healthy relationships.

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