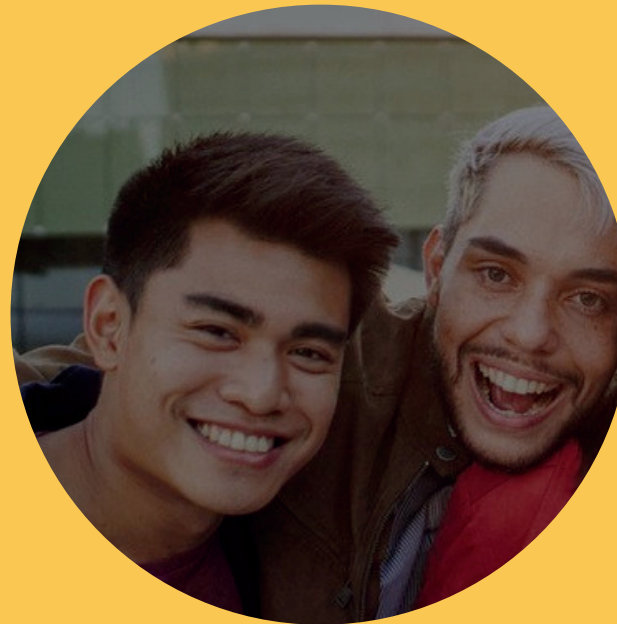


ABOUT US

We provide traditional, virtual, and office-based counseling services at our Galveston and Texas City locations. Our goal is to ensure that everyone can access our services, regardless of their income level. Counseling services in the Individuals and Families Program can be accessed through a sliding fee scale, insurance, medicaid, and EAP programs. We also offer specific programs that are grant funded and provide services in schools, community locations, churches, recreations centers, and youth-serving organizations.



WE HELP ADDRESS
A VARIETY OF
DIFFICULT ISSUES
THROUGH TRAUMA-
INFORMED AND
STRENGTH BASED
COUNSELING

WE GLADLY ACCOMMODATE ALL
INSURANCE PROVIDERS

GALVESTON OFFICE

2200 Market Street, Suite 600
Galveston, TX 77550

P: (409) 762-8636 F: (409) 762-4185

TEXAS CITY OFFICE

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Make an appointment



THE CENTER
FOR MENTAL HEALTH
& WELLBEING

INDIVIDUAL & FAMILY COUNSELING



ADHD/ADD Anger
Anxiety Chronic
Illness Couples
Counseling
Consultation
Depression Family
Stress/Conflict Family
Therapy Grief and
Loss Group
Counseling Individual
Counseling Martial
Issues Play Therapy
Parenting Concerns
Relationship Issues
Work Stress

www.fscgal.org

ADHD/ADD

Counseling for ADHD is a form of treatment that involves psychological counseling, education, and skills training.

Anger

Counseling for anger issues is a type of mental health treatment that helps people learn how to manage their anger and cope with the triggers that cause it.

Anxiety

Counseling for anxiety involves working with a therapist to reduce your anxiety symptoms. The most common and effective form of counseling is cognitive behavioral therapy (CBT), which helps you identify and challenge your negative thoughts and behaviors.

Chronic Illness

Counseling can be a helpful resource for people with chronic illnesses. It can help you manage the stress and anxiety that often come with living with a chronic illness.

Couples Counseling

Couples counseling is a type of counseling for intimate partners that involves exploration of any conflicts between the partners, is often short term, and focuses on specific problems. This type of therapy can help partners improve their relationship at any stage.

Consultation

Counseling consultation aims to help both the consultee and client system in some specific way. Mental health consultation combines the knowledge and skills of traditional counseling with the ability to reach consultees in settings such as schools and small or large organizations that need students for specialized assistance.

DIFFICULT ISSUES ADDRESSED

Depression

Counseling is a type of treatment that can help people with depression learn to identify and manage negative thought and behavior patterns that can contribute to their depression. Counseling can also help you learn new coping skills and techniques to manage the symptoms better.

Family Stress/Conflict

Family stress and conflict are common challenges that many people face in their lives. It can affect your physical, mental, and emotional well-being.

Family Therapy

Family therapy is a type of psychological counseling (psychotherapy) that can help family members improve communication and resolve conflicts. Family therapy is usually provided by a psychologist, clinical social worker or licensed therapist.

Grief and Loss

Grief counseling is a form of psychotherapy that aims to help people cope with the physical, emotional, social, spiritual, and cognitive responses to loss.

Group Counseling

Group counseling is a form of counseling that involves a small group of people who share their problems and concerns with each other and with one or two trained therapists. Group counseling can provide support, perspective, and suggestions for change to individuals who are facing similar issues. This is a safe and comfortable space for members to interact and express their thoughts and feelings.

Individual Counseling

Individual counseling or therapy is a process of one-on-one discussion between a client and a trained professional. The goal of individual counseling is to explore the client's feelings, beliefs, and behaviors, and to help them change or improve aspects of their lives.

Marital Issues

Counseling for marital issues is a type of therapy that helps couples to identify and resolve conflicts and improve their relationships.

Play Therapy

Play therapy is a form of therapy primarily geared toward children. In this form of therapy, a therapist encourages a child to explore life events that may have an effect on current circumstances, in a manner and pace of the child's choosing, primarily through play but also through language.

Parenting Concerns

Some of the most common parenting issues brought to professionals include the child's daily routine, minor alterations in the parenting schedule, childcare arrangements, daycare, and babysitting, child exchanges and transportation, medical, dental, and vision care, and psychological counseling, testing, or other assessment of children.

Relationship Issues

Relationship counseling, also known as couples counseling or couples therapy, is a type of psychotherapy that focuses on helping people improve their romantic relationships.

Work Stress

Counseling for stress management consists of a wide spectrum of techniques aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning.