

**Brief Article about Catholic Charities Counseling Services Health Plans
Proposed for June 21, 2013 ETC Edition**

The supportive mental health services provided by Catholic Charities of Southeast Texas' Counseling Services are a great community asset, using a sliding fee scale to make individual, family, marriage and grief counseling more available to lower income clients.

These services have been a staple of Catholic Charities' services to the community for more than 20 years, lending emotional and spiritual support to those carrying burdens that can be lessened by examination and reflection in a new light, provided by the perspective of a professional counselor.

Thousands of clients have been able to receive help throughout the years, mostly due to the generous support Catholic Charities of Southeast Texas receives from the community.

Apart from community contributions to subsidize the Counseling Services of Catholic Charities, though, health plans are another means of helping clients gain affordable access to mental health support.

Catholic Charities' Counseling Services can receive insurance reimbursements from BlueCross BlueShield, Aetna and Meritain Health, as well as Employee Assistance Plans of many employees.

To request an appointment or inquire about the Counseling Services of Catholic Charities, please call 409-924-4434, 409-924-4433 or 409-924-4429.