

About Samaritan

We use a holistic, client-centered approach and are committed to helping you become your best self.

We offer in-person counseling at multiple locations in Western Pennsylvania, as well as virtual counseling through telehealth services. We serve men, women, and children from age six through senior citizens.

Spiritually-integrated counseling is one of Samaritan's hallmarks. If you desire, your therapist will integrate your faith/religious beliefs into your care without imposing his/her own beliefs or other faith doctrines.



SAMARITAN

Counseling • Guidance • Consulting



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Headquarters:

202 Beaver St., 3rd Fl., Sewickley, PA 15143

Accredited by:



**Counseling
Services
for Women**

Nonprofit

**Staffed by Licensed
Clinicians**

Nationally Accredited

412.741.7430
samaritancounseling.net

Is counseling right for me?

Are you experiencing emotional pain that has become unmanageable? Is it affecting your ability to work, sleep, eat, and enjoy life? The effects of trauma, mood and anxiety disorders, stress, and unhealthy or abusive relationships are just a few examples of what plagues women of all ages and backgrounds.

Women are twice as likely as men to suffer from anxiety and depression. This comes as no surprise when you consider that:

- Women tend to nurture and take care of everyone but themselves, often staying strong for the sake of their families while forsaking their own well-being.

I found comfort, peace, and acceptance. I gained control of my life. The disorder and anxiety weren't controlling me anymore. - Mindy, former client



- Women continue to face many forms of discrimination and sexual harassment in the workforce and on college campuses.
- One in four females is sexually abused by the time she reaches her 18th birthday.
- One in three women experience sexual violence, physical violence, and/or stalking by an intimate partner.

Each year, hundreds of women are empowered to restore joy in their lives through counseling at Samaritan. You too can find healing, strengthen your self-esteem, and gain skills to practice self-care and cope more effectively. Your therapist will help guide you through the dark times and into the light of hope and healing.

What if I'm under-insured or have no health insurance?

We don't turn away women in crisis who lack the ability to pay; we make their counseling affordable through our *Women Helping Women in Need* fund (a part of our Samaritan Cares program). If you lack the resources to pay, we will ask you about your income and the number of people in your household. This information will tell us how much financial aid you may qualify for. Funds are used to help subsidize your counseling fee—reducing it to a smaller, more manageable amount. We'll also work with you on payment arrangements.

How can I get involved to help other women?

Women Helping Women in Need is funded through grants and individual donations made by women who care deeply and want to help. Each year,



Samaritan must raise at least \$40,000 to aid our female clients in need. We reach out to women in the community through a spring fundraising campaign. Afterwards, we invite our campaign donors to a “celebration of women” where we offer refreshments, give-aways, and an inspiring message from a guest speaker.

Whether you are a woman in need of help, or a woman with a heart for helping others, please call Samaritan at **412.741.7430** to learn more.

For information about all the services we offer, visit us at [samaritancounseling.net](https://www.samaritancounseling.net).