

# THERAPEUTIC RESOURCES

## A COMPREHENSIVE GUIDE

### FAMILY SERVICES, INC

Family Services Incorporated is a multi-faceted non-profit organization serving residents of Blair and surrounding counties since 1928. Family Services provides an array of social services to victims of sexual assault, domestic violence, runaway and homeless youth, homeless individuals and families, individuals in need of counseling and persons with intellectual disabilities. They are a non-profit, meaning their services are **free**.



Call or text 814-944-3585



[familyservicesinc.net](http://familyservicesinc.net)



@familyservicesincorporated



Family Services Incorporated

### FINDING A SERVICE PROVIDER

Find therapists in your area by insurance type by visiting websites like **PsychologyToday.com** or **GoodTherapy.com**. Their search engine allows you the opportunity to search by range of issues, specialty and even method type.

If you are without medical insurance, no problem! Check out the **Home Nursing Agency of Altoona** - a non-profit that is a part of UPMC. The services they provide are an alternative to traditional inpatient services, and may include therapy, education for life management, stress reduction education and medication management.



1-800-445-6262



[homenursingagency.com](http://homenursingagency.com)



201 Chestnut Avenue, Altoona, PA 16601

### THERAPY APPS

Therapy apps like **Talkspace** and **Betterhelp** let you connect with a therapist online or via text. Busy business and healthcare professionals, new moms, and students often find teletherapy appealing because you can talk to your therapist from anywhere. Before signing up for online therapy, individuals complete a mental health questionnaire. Based on those results, each new client is matched with a psychotherapist. Similar to in-person therapy, fees for online therapy vary. Talkspace fees are as low as \$65 per week while Betterhelp charges between \$35-\$80 per week.

In addition to online therapy, mental health apps, like **Calm**, **Headspace**, and **Expectful** can teach you meditation, relaxation, and breathing exercises. Not only do these apps help you create a daily habit of self-care, but research shows that meditation can reduce stress and increase well-being.

### VICTIM COMPENSATION

The Blair County Victim Witness Department is able to provide reimbursement for counseling and other services through the Pennsylvania Victim's Compensation Assistance Program. Please provide your receipts to us for processing by email at [awalter@blairco.org](mailto:awalter@blairco.org) or by mail at 423 Allegheny St., Hollidaysburg, PA 16648.

**BLAIR COUNTY VICTIM WITNESS**

**814-693-3018**