

NEW SERVICE AT FSC!

Single-Session Consultation

The COVID-19 pandemic has created unprecedented levels of change, stress, uncertainty, and loss. Family Service Center (FSC) continues to meet our mission to strengthen and empower families and communities by providing accessible evidence-based counseling, crisis response, outreach and education.

FSC is now offering **Single-Session Consultation (SSC)***: a **solution-focused**, one-hour program designed to help individuals build a personalized action plan **utilizing their inner strengths to take concrete small steps toward a meaningful goal** – from coping with stress or uncertainty to connecting more effectively with others.

Research trials have shown SSC helps people to feel more hopeful and better able to solve their problems; while also experiencing lasting reductions in depression and anxiety symptoms, **even without additional sessions**.

Single-Session Consultation is available to anyone aged 13 and older. All sessions will be conducted by FSC therapists via the HIPAA-compliant teletherapy platform, doxy.me. FSC accepts many insurance plans and offers a generous sliding scale fee option for those who demonstrate financial need.

If you are interested, please contact FSC at 847-251-7350 or info@familyservicecenter.com, and an FSC staff member will contact you within 24 business hours to schedule your session.

This FSC initiative is provided thanks to the support of Jessica Schleider, Ph.D. and her team at Lab for Scalable Mental Health of Stony Brook University (<http://www.schleiderlab.org/>).



*Reference: Schleider, J. L. (2020). Single-Session Consultation for Emotional and Behavioral Health. <https://doi.org/10.17605/OSF.IO/XNZ2T>