

There are times in every person's life when feelings of depression, anger, worthlessness or grief can seem overwhelming.

During these times, Holy Family Institute's trained counselors can guide adults, children and families as they discuss and resolve problems in a safe, supportive environment.

The first step is an initial assessment, which helps your therapist to identify the issues affecting you and to craft an individualized plan specific to your needs. As you learn how to improve your situation, you will feel positive about your life, and experience feelings of joy, hope and love.



**HOLY FAMILY
INSTITUTE**
Restoring Hope, Transforming Lives

Holy Family Institute

8235 Ohio River Blvd.
Pittsburgh, PA 15202

412.766.4030 ext. 1222

hfi-pgh.org

We work in the community to transform the lives of children and families.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you.
Call 412.766.4030 ext. 1222. (TTY: 412.766.4030 ext. 1222).

ATENCIÓN: Si usted habla español, los servicios de ayuda de idioma, sin ningún costo, están disponibles para usted.
Llamar al 412.766.4030 ext. 1222. (TTY: 412.766.4030 ext. 1222).

ВНИМАНИЕ: Если Вы говорите на русском языке, Вам предлагаются бесплатные переводческие услуги.
Позвоните по номеру 412.766.4030 ext. 1222.
(TTY: 412.766.4030 ext. 1222).



**HOLY FAMILY
INSTITUTE**

Counseling and Mental Health Services

for Children, Families and Adults



When to Seek Help

Maybe things aren't going well. You leave for work with a sense of dread and come home feeling exhausted. You fight constantly with those you love – or spend all your time alone. You sit around the house all day, with no energy to do anything.

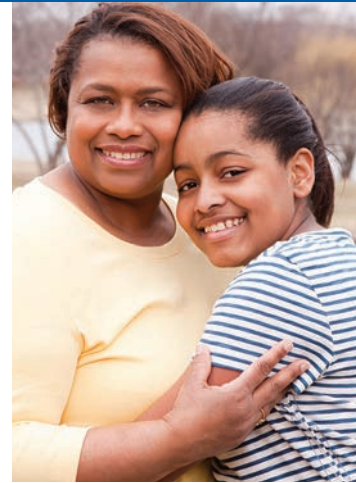
Perhaps there's nothing really wrong, at least that you can put a finger on. But at some point, you realize that you've been struggling through each day feeling dissatisfied. Everything you do seems somehow off, and none of it gives you much pleasure.

When difficulties with mood, outlook or relationships negatively affect your personal, work and/or family life, you can turn to us. Holy Family Institute (HFI) provides counseling and mental health services to help you and/or your family cope effectively with:

- **Emotional Problems** – grief, depression, excessive anger or jealousy, anxiety or phobia
- **Low Self-Esteem** – feelings of insecurity, worthlessness or excessive shyness
- **Family Issues** – challenges with parenting, blended family dynamics or aging parents
- **Abuse** – physical, emotional or sexual
- **Difficulty Focusing** – issues with focus at school
- **Relationship Problems** – difficulties communicating effectively with others, making or keeping friends, maintaining relationships or thriving in your marriage

Our Approach

Holy Family has over 100 years of experience in supporting individuals and families through emotional and behavioral challenges. Our counselors are committed to aiding in the positive, continuous growth of each person in our care.



We calibrate our services to the needs of each individual or family, recognizing their values and goals. Counselors make use of a comprehensive array of treatment approaches to support recovery and to empower each individual to tap into their strengths.

Treatment specialties include, but are not limited to:

- **Cognitive Behavioral Therapy** – helps you to understand how your thoughts cause disruptive feelings and behaviors, and guides you to gain a calmer and more positive outlook on life.
- **Motivational Interviewing** – uses evidence-based methods to help you identify your goals and summon the motivation to work toward them.
- **Couples Therapy** – employs a solution-focused approach to cultivate positive interactions.
- **Family Therapy** – equips families to develop healthy methods of interaction and support.
- **Solution-Focused Brief Therapy** – focuses on helping you identify and achieve specific goals, using the strengths and resources already at your disposal.

Fees

HFI accepts most insurance plans, including Highmark Blue Cross Blue Shield, UPMC, Optum, Cigna, Community Care, Value Behavioral Health, and Medicaid. If you lack health coverage, we will determine your payment using a sliding fee scale based on income.

Hours and Locations

Counseling is available:

Mon. - Thurs.	Fri.
8 a.m. - 7 p.m.	8 a.m. - 5 p.m.

Holy Family Institute 8235 Ohio River Blvd. Pittsburgh, PA 15202	Edgewood Towne Center Offices 1789 South Braddock Ave. Suite 585 Pittsburgh, PA 152118
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Services are provided without regard to or discrimination against religion, race, color, creed, sex, ethnicity, national origin, age, marital status, lifestyle, sexual orientation, physical or mental handicap, developmental disability, or inability to pay.

