# BEHAVIORAL HEALTH AND WELLNESS DURING COVID-19

THE COUNSELING TEAM INTERNATIONAL (TCTI)

## WHAT IS TCTI DOING?

The Counseling Team
International (TCTI) is
dedicated to continuing

to provide psychological services during such a stressful time. We are working diligently with our valued team of clinicians to ensure that there are no interruptions in the delivery of counseling services. If you do not wish to travel to one of our offices, all of our clinicians have been authorized to utilize HIPPA compliant telehealth platforms and/or telephone calls to conduct counseling sessions with both new and existing clients. In addition, our crisis line is available 24/7/365.

#### WHY?

You and your family's health, well-being, and safety are our number

one priority. We operate daily and wholeheartedly under the values of our mission statement "dedicated to serving those who serve".

#### WHAT IF I ALREADY HAVE A CLINICIAN?

- If you would like to continue counseling with your assigned clinician via telehealth or telephone, contact

them and let them know which option is most comfortable for you.

- Feel free to ask questions about how the process works. Our clinicians can help you decide what is best for you.
- If your present clinician does not currently offer telehealth or telephone sessions and you wish to be referred to a clinician who does, please call us and we will get you connected with one of our telehealth clinician. You can always return to your original clinician for an in office session once there is no longer a need for "social distancing".

### HOW TO CONTACT US:

The Counseling Team International (TCTI)

1881 BUSINESS CENTER DR., SUITE 11 SAN BERNARDINO, CA 92408

(909) 884-0133

(800) 222–9691