



HELPING THE HELPERS

We recognize that many mental health, substance use, and intellectual disability direct service providers (DSPs) are struggling due to the increased pressures of caring for their clients while dealing with personal losses and trauma due to the pandemic. The Psychoanalytic Center of Philadelphia has launched a new project called *Helping the Helpers* that will allow us to offer psychotherapy to DSPs at very low fee (as low as \$25) over the course of the next six months.

Individuals seeking an initial consultation for psychotherapy may call 484-754-6175 or email helpingthehelperspcop@gmail.com.