



COVID-19 Response

Solace Solutions Counseling and Evaluation

Hello,

I want to advise you that during this time of crisis Solace Solutions is still here to provide much needed support to you. I have Telehealth options available and encourage you to reach out if you are feeling therapy could be helpful.

It is critical during this time of decreased activity and increased solidarity that you are taking care of your mental and physical health. I do not want you to feel lonely or abandoned during this social distancing process and I want you to maintain a high level of connection with your therapy. Self care is paramount now that it feels as if things are crumbling around us.

I urge you now more than ever to reach out and take advantage of a Telehealth option to address any underlying anxiety, depression or relational conflicts you are experiencing. The platform I use is called doxy.me and it is HIPPA compliant meaning it is a secure and confidential video connection. I hope you will continue to take care of yourself and seek encouragement from loved ones as well as through professional avenues if needed.

Please take care and don't hesitate to reach out to me. I can be contacted at (303) 517-9277 or heidislpc@gmail.com

Thank you,

Heidi Schnakenberg, MA, LPC