



ARBOR
Counseling Center

Arbor Counseling Center Response to COVID-19

April 1, 2020

Arbor Counseling Center has provided personal and comprehensive counseling services to the community for over 30 years. During this time you have trusted us with your families, marriages, personal stories and safety. We take your trust seriously, which is why we have decided to suspend in-person counseling services until we can assure the safety of both you and our therapists.

In the meantime, we are providing tele-health therapy, which means telephone therapy or video conferencing. Insurance companies in Illinois are now required to cover this service. This is now very easy to do. If you are a current client of Arbor your therapist will guide you through this process. If you are a new client you can be assured that services are available and you will have the opportunity to “meet” with one of our highly-trained and experienced clinicians using tele-health and later to meet with them in-person when it is safe to do so.

If you would like to make an appointment, please contact us at 847-913-0393 ext. 0 and one of our office managers will guide you to your first appointment. You can also email us through our website at arborcounselingcenter.com with any questions you may have about our confidential, HIPAA compliant tele-health program.

We’re in a time of many uncertainties. Social distancing and Shelter-at-Home requirements have placed increased stress and anxiety on families. Please be attentive to self-care. Exercise, meditate, eat well, stay connected (in a safe way!) and beware of unhealthy coping mechanisms. We’re in this together...we’re also here to help!

Sincerely,

James Brydon, Glenn Weiss and Hal Filian
Owners