



Foundation 2

COUNSELING & THERAPY

How we help

In addition to immediate crisis counseling, Foundation 2 offers ongoing therapy services on an out-client basis for youth, individuals, and families in the Cedar Rapids area.

ONGOING SERVICES

Therapy services for adults, youth & families

Foundation 2 offers therapy by appointment and mental health counseling through crisis services. Our licensed therapists accept most insurance and are able to see clients on a sliding fee scale based on income and the ability to pay.

WHY THERAPY?

Therapy allows you to address ongoing mental health concerns with a caring professional invested in your personal well-being. Therapists can help you talk through unexpected changes in your life, or help you gain a fresh perspective on everyday problems like coping with a mental illness. It also allows you to explore treatment options in a safe environment.

People consider counseling and therapy for a variety of reasons, whether they are experiencing a major life change like a divorce, or are seeking help to manage mental health conditions like depression or anxiety.

Most therapy clients are ordinary people struggling with common, everyday issues. Whatever the reason, our therapists work with each client to develop goals for therapy. We encourage clients to let their therapist know what is helpful, and how their therapy experience might be improved to best meet their needs.

Please visit our website at www.foundation2.org to learn more about our current therapists.



Foundation 2

Help is available 24 hours a day,
365 days a year.

Call **(319) 362-2174** locally,
or toll-free at **1 (800) 332-4224**.



www.foundation2.org