

# Need someone to talk to or to just listen?



**Catholic Charities**  
*Diocese of St. Petersburg, Inc.*

Catholic Charities has skilled counselors available to provide tools to assist with the stressors of everyday life.

Our counselors are prepared to provide you with the support needed to overcome various life changes.

## We offer:

- Free Counseling
  - In-Person Sessions
  - Telehealth Sessions
- Coping skills
- Goal setting
- Flexible Schedules



**For more information,  
call us at:  
(813) 631-4370**

[mhservices@ccdosp.org](mailto:mhservices@ccdosp.org)

2021 E. Busch Blvd. Tampa, FL 33612

More information :  <https://www.ccdosp.org/>