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Provident Counseling Provides Hope

Mental health outlets have not been immune to budget cuts, as the Senate Appropriations committee has already endorsed a ten percent reduction in state aid for alcohol and drug abuse treatment, psychiatric care and crisis services for people with developmental disabilities. The St. Louis area is fortunate to have a long-standing and successful organization dedicated to providing hope to those who need it most.

Provident, Inc. was founded in 1860 to provide short-term assistance for people while helping them become productive members of the community. The organization provided financial assistance, housing, work opportunities, training and nursing care, and eventually became known as the first place to go in times of need, such as natural disasters and outbreaks of infectious disease.

Provident now offers services like individual and family counseling, group counseling, life crisis services, life and job skills, youth development, visitation and custody exchange, and community development. They have offices in the Central and South City, as well as Jefferson County, West St. Louis County and Illinois.

Provident fulfills its mission of creating hope, building self reliance and driving social impact. The highly trained counselors, staff and volunteers of Provident meet the specific needs the client has in order to build a solid foundation for success.

The main financial support for Provident counseling comes from the United Way of Greater St. Louis. The organization is certified by the Better Business Bureau Wise Giving Standards, and they are always looking for volunteers.

If you're in a crisis situation and need to speak to someone immediately, you can call 314-647-HELP (4357) or 1-800-273-TALK (8255). If you have questions about Provident, you can call the administrative office at 314-371-6500, or you can make a counseling appointment at 314-533-8200 or 1-800-782-1008. There is also a host of information at www.providentstl.org.

In difficult economic situations like we are facing today, the pressure on people and families can often become overwhelming. Provident is one place that people can go to find a sympathetic ear and a new outlook on life.