



## How Is Your Mental Health?

It's been a difficult year for many, especially with the added worry of COVID-19. If you're feeling anxious, overly stressed, depressed, or just not yourself and you can't shake the feeling, Saint Louis Counseling is here to help. We provide professional counseling and psychiatry services for all ages, as well as College Coaching services.

As a Catholic Charities agency, we provide service regardless of your ability to pay. Most major insurance plans are accepted. Clients may qualify for grants or sliding-scale fees. Learn more or make an appointment at 314-544-3800 or [SaintLouisCounseling.org](http://SaintLouisCounseling.org).

## Is Your Group Looking for Service Ideas?

While COVID-19 is limiting onsite volunteer opportunities, our need for help is greater than ever! If your family, prayer group, scout troop, or other group want to help people in need, Catholic Charities agencies are always grateful for cleaning supplies, hygiene items, and other in-kind donations.

If you would like information or help organizing a donation drive, please contact Lisa: [lshea@ccstl.org](mailto:lshea@ccstl.org) or 314.256.2927.