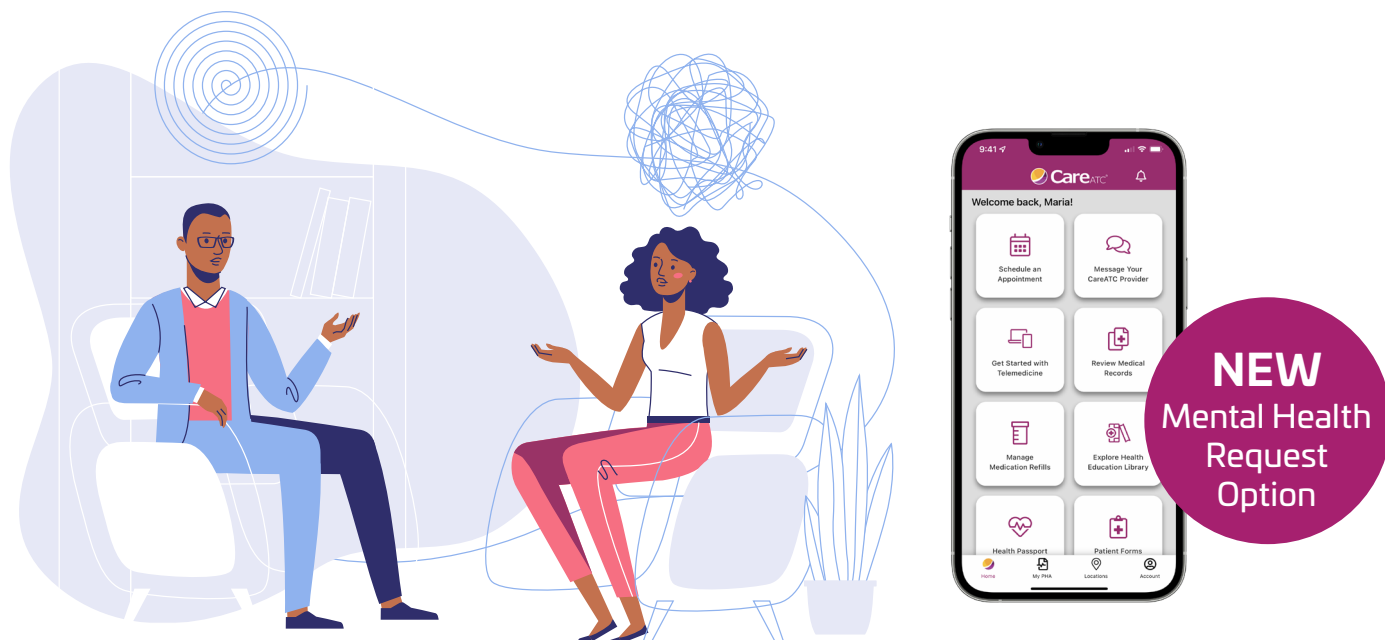# Need a **Mental Health Break?**

NEW Mental Health Request Option

Receive **low or no cost** Mental Health Sessions*

The Mental Health Therapist can help you process personal life stressors related to relationships, family and feelings of anxiety, depression and stress. Explore current coping skills and learn new ways of focusing on strengths to improve emotional wellness.

Need help? Or just want to talk? Do not hesitate to meet with one of our therapist. Learning all you can about mental health is an important first step.

How to Request An Appointment

1 Activate your account to schedule by visiting www.careatc.com/activate or by downloading the CareATC app and following the registration prompts.

2 Click "Schedule Appointment".

3 Select "Who is the appointment for?"

4 Select "**Mental Health**" under option "What is the reason for your visit?"

5 The Health Center staff will call to schedule based on your availability.

*A $35 office visit fee will apply to HSA participants

Receive Free Mental Health Sessions

- To improve your emotional well-being
- To focus on life improvement and goal-setting
- Inability to carry out daily activities or handle daily problems and stress
- Feeling stressed with work or family
- Struggling with work/life balance
- Excessive worrying, fear, or sadness
- Extreme mood changes, including "highs" or "lows"
- Increased feelings of irritability or anger
- Avoiding friends and social activities
- Family, marital or other relationship issues
- Parenting Support
- Recent loss or grief
- Overuse of substances like alcohol or drugs
- Suicidal thoughts

Dougherty Ferry Health Center

2315 Dougherty Ferry Rd #110, St. Louis, MO 63122
Monday - Friday   8am - 5pm

Show Me The App!

Three easy ways to request an appointment:
314.314.7434   www.careatc.com/patients   CareATC app

CareATC® THE POWER TO BE WELL.

CATC-00892