



School Tools

September 2019

OUR OFFICE CONTACTS:

SOUTH COUNTY OFFICE
9200 Watson Road, G-101
St. Louis, MO 63126
P. 314-544-3800

O'FALLON MO OFFICE
311 South Main
Suite 100
O'Fallon, MO 63366
P. 636-281-1990

UNION OFFICE
102 E. Springfield, Ste. 202
Union, MO 63084
P. 636-583-1800

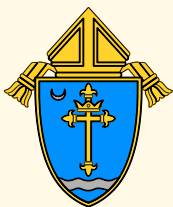
FLORISSANT OFFICE
1385 Harkee Drive
Florissant, MO 63031
P. 314-831-1533

WEST COUNTY OFFICE
498 Woods Mill Road
Manchester, MO 63011
P. 636-391-9966

HERCULANEUM OFFICE
1349 MCNUTT STREET,
63048
P. 636-638-2203

TROY, MO, OFFICE
#140 PROFESSIONAL PKWY,
63379
P. 636-528-5911

**BELLEFONTAINE
NEIGHBORS**
10235 Ashbrok Drive, 63137
P. 314-831-1533



Published by:
Saint Louis Counseling
School Partnership
Program (SPP)
9200 Watson Rd., Ste. G101
St. Louis, MO 63126
314-544-3800 phone
314-843-0552 fax
SaintLouisCounseling.org

Hello, my name is...

With a new school year in full swing and mental-health related headlines filling the news, we wanted to take this opportunity to reintroduce ourselves and the services that **Saint Louis Counseling**—*your partners in mental health*—offer.

As a non-profit agency and as the name implies, Saint Louis Counseling provides **counseling and psychiatric services to individuals and families** of all ages and backgrounds, as well as **parenting classes, trainings and other mental-health services** at our **8 office locations**.

Our **School Partnership Program (SPP)** is designed to assist students in K-12, who attend parochial, private, and public schools across the St. Louis area. Embedded in 100 schools this year, the SPP therapists provide **school-specific services to students, teachers and administrators** based on the philosophy that the school, family, and community are partners in educating children, strengthening families, and building stronger, safer communities.

If you would like to learn more about Saint Louis Counseling or SPP, please check out our website at: **SaintLouisCounseling.org**.

SERVICES

- ◆ **Counseling services at our 8 office locations**
- ◆ **Psychiatric services at 5 office locations**
- ◆ **Crisis-intervention services**
- ◆ **School-based prevention services**
- ◆ **School-based counseling services**

Is it a mental health concern?

When there aren't extreme external signs, it's often difficult for adults to determine whether or not a student may benefit from talking to a counselor.

You ARE the expert when it comes to your child, but we know it can be an internal struggle on whether or not you should seek professional help. The following signs are generalized but can be examples of when you might consider consulting with a clinician.

Typically, these are the signs to look for:

- ◆ Decreased interest in or inability to enjoy previously preferred activities
- ◆ Frequent sadness, tearfulness, crying
- ◆ Constant worry, anxiety, or fearfulness
- ◆ Persistent boredom; low energy
- ◆ Social isolation, poor communication
- ◆ Low self-esteem and lack of self worth
- ◆ Inability to express feelings or expresses them inappropriately
- ◆ Extreme sensitivity to rejection or failure
- ◆ Increased irritability, anger, hostility or overreaction
- ◆ Difficulty with relationships
- ◆ Frequent complaints of physical illnesses such as headaches and stomachaches
- ◆ Frequent absences from school
- ◆ Poor academic performance
- ◆ Defiance of rules or constant discipline problems
- ◆ Poor concentration
- ◆ A major change in eating and/or sleeping patterns
- ◆ Talk of or efforts to run away from home
- ◆ Thoughts or expressions of suicide or self-destructive behaviors

Consulting with your school-based therapist, or our office intake specialist can be helpful in making the determination on how to proceed, and can also often leave you with recommendations for your classroom or home. We want to partner with you and always aim to point you in the right direction toward helping your student.

Important info. For
Parents & Teachers!

Catholic Family Services
School Partnership Program
9200 Watson Rd.
Suite G101
St. Louis, MO 63126-1528

