

CONNECTING CLIENTS TO IN-AGENCY MENTAL HEALTH HELP

MARCH 2022

WHEN THERAPY COULD HELP:

1. You're having difficulty regulating your emotions. All emotions are healthy, but it's important to pay attention to how often or how intensely you feel these emotions, especially if they are undesirable or uncontrollable.
2. You aren't performing as effectively at work or school. Mental health struggles can impair attention, concentration, memory, and energy, which in turn can cause issues at work or school.
3. You're experiencing changes or disruptions in sleep or appetite. If you notice that you've been eating or sleeping either less or more than usual for an extended period, it might be time to hit the pause button and seriously assess the situation.
4. You're struggling to build and maintain relationships. If you often find yourself in conflict with others or have trouble communicating your feelings to others, therapy can help.
5. You've experienced trauma. Those who have a history of abuse or some other trauma that they haven't fully recovered from can hugely benefit from talk therapy.
6. An unexpected change has upended your life. Whether it's a divorce, significant breakup, unexpected changes (ex. Relocation or change of jobs), or loss of a loved one, this can lead to grief, and overcoming it can be a long and painful process, especially if you don't have anyone to share that emotional burden with.
7. You want to improve yourself but don't know where to start. Perhaps you need a place to practice being more assertive, more social, more vulnerable, more something.

HOW TO TALK TO SOMEONE ABOUT GETTING COUNSELING:

- Try as much as possible to keep the conversation private, friendly and relaxed.
- Find a moment when the individual is calm and ask permission to offer some advice.
- Express your concern and remind them of the ways you care about them. Share specific examples from their life to illustrate why therapy might help.
- Avoid talking to someone when they are in a bad mood, tired, have tight deadlines at work or if they're doing something important.
- Talking to someone about mental health requires emotional sensitivity as well as physical sensitivity. The "where" and "how" the topic is presented may determine how a person reacts to your suggestions.
- Don't start this delicate conversation in front of other people or where others can hear as this may cause discomfort.

HOW TO ACCESS CCCNMO COUNSELING SERVICES:

- Answers to common questions can be found on our FAQ here: [Individual Counseling | Catholic Charities](#)
- All clients are eligible for a free mental health consultation. This is an opportunity to discuss the concerns they might want counseling for and to ask questions about our services. They are under no obligation to schedule any additional follow-up after their consultation. Clients are encouraged to use our online scheduling tool to arrange their consultation: [Schedule Appointment | Catholic Charities](#)

IF YOU OR YOUR FAMILY HAVE QUESTIONS:

Contact Dala Hemeyer at counseling@cccnmo.org or (573) 658-0050.

