



NEWS RELEASE

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OVER 560,000 INDIVIDUALS IN THE GREATER ST. LOUIS AREA NEED MENTAL HEALTH SERVICES EACH YEAR

*May is National “May is Mental Health Month”
According to Mental Health Experts Care and Counseling*

ST. LOUIS —When you or someone you love is dealing with a mental health concern, sometimes it’s a lot to handle. Lack of insurance and stigma often keep those who need it from seeking help. It’s important to remember that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally. That is why this year’s theme for ‘May is Mental Health Month’ – Fitness #4Mind4Body – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

May is Mental Health Month was started 69 years ago to raise awareness about mental health conditions and the importance of good mental health for everyone. Last year, Mental Health Month materials were seen and used by over 230 million people. This ‘May is Mental Health Month’ we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

(More)

“It is important to really look at your overall health, both physically, mentally and spiritually, to achieve wellness,” said Rev. Amy Bertschausen, Executive Director of Care and Counseling. Throughout the month of May, Care and Counseling will be hosting activities to bring awareness to mental health issues throughout the greater St. Louis area. *Bertschausen and team of 20 licensed, clinical therapists who are experts in the field of mental health can speak to an array of topics that affect those who live and work in the greater St. Louis community.*

Thursday, May 10th is National Mental Health Awareness Day – Care and Counseling is encouraging the public to support their organization and wear the color “green” on Thursday, May 10th to promote the awareness of National Mental Health Awareness Day.

According to Bertschausen, “Mental illness costs America about \$193.2 billion in lost earnings per year. The lack of treatment due to inability to pay or lack of insurance causes an increase in hospitalization for mood disorders, it increases the amount of chronic medical issues, and it increases the rate of suicide. During 2017, Care and Counseling provided more than 13,000 hours of services to more than 1,200 families in crisis. We were able to underwrite the majority cost of therapy for 246 clients, totaling 3,021 session hours.”

Care and Counseling’s Bertschausen adds, “The ***May is Mental Health Awareness Month*** initiative is an important tool to helping our organization bring awareness to those in need of mental health services.”

Additional information about **May is National Mental Health Month** and the Care and Counseling organization is available online at www.careandcounseling.org or by calling (314)336-1082.

About Care and Counseling

Care and Counseling enhances emotional, relational and spiritual well-being through quality and affordable counseling, professional training and community education.

We are a professional counseling service organization, providing adult, child, couple and family counseling; mediation; support groups; community workshops; EAP services; professional training; residency program, and an internship program for professional development.

Care and Counseling is a 501 (c)3 organization which provides professional counseling services on a sliding scale, according to the client’s ability to pay. Private insurance is also accepted. Find out more at www.careandcounseling.org.