

How do I know if I could benefit from mental health treatment?

- low energy
- sleeping too much or too little
- worrying a lot
- physical issues (headaches, stomachaches) without a medical cause
- frequent anger and irritability (especially in children)
- excessive use of coping activities, such as drinking alcohol, gaming, social media, etc.
- and other signs

You know yourself, or your family member, best! If you think that therapy might help you or a loved one feel better, give us a call to try it out!

We can work with you to help address some common barriers to getting care, like:

- Language barriers
- Transportation issues
- Challenging work schedules
- High cost of treatment

Variety of providers creates **choice for clients**. We have 28 therapists and we will work to find someone who is a good fit for you.

Therapists get training on working with interpreters, and providing **competent care** across cultures and languages

Contact us:

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A Creative Model for Mental Health Access: Casa de Salud's Mental Health Collaborative



CASA de SALUD

Always by Your Side





What we do at the MHC

The MHC brings therapists together on site so that they can see clients, both in-person and via telehealth. We have therapists who can see children, teens, and adults. We offer individual, couples and family therapy. Our goals are:

- The MHC helps people who need therapy and can't find it at other clinics
- Most of our clients are immigrants and refugees who have trouble finding therapists who understand their culture, or who can speak to them in their own language
- Many don't have insurance, or have insurance that doesn't cover mental health care, but at the MHC, our partners charge clients no more than \$20 per session

Casa Clients

Clients seek mental health care to build skills to manage life stress and heal from trauma. The positive effects of therapy reach beyond the individual to strengthen families and communities.

Licensed Therapists

Therapists gain experience working with underserved populations in a community of other like-minded providers. Monthly case conferences offer a chance to connect with other providers, as well as share knowledge to improve care.

Student Interns

Graduate student interns in fields such as social work, counseling, and psychology gain experience working with immigrants and refugees, and build relationships with other mental health professionals.

How the MHC works

STEP 01 Seeking care

When a new client requests therapy, Casa staff talk with the client and learn about their situation.

STEP 02 Scheduling

The client is scheduled with a therapist who fits their needs.

STEP 03 Therapy

Therapists use many different methods and types of treatment to help clients. Some therapists can speak other languages and others use interpreters. Children, teens, and adults can get therapy. Therapists see people individually, as couples or families, or in a group.



What is the Mental Health Collaborative (MHC)? Culturally-sensitive behavioral health

The Mental Health Collaborative – or MHC, for short – at Casa de Salud is a mental health care clinic where people who need therapy can get it at a low cost, without insurance, and in their preferred language. At the MHC, we work with therapists from many organizations, schools, and private practices.

External information:

988 Lifeline Chat and text:
988 Lifeline Chat and Text connects you with caring crisis counselors for emotional support.

To chat with a crisis counselor online 24/7/365.

To text with a crisis counselor, send a text to 988 on your phone