

Supporting Our Community

SSM HEALTH BEHAVIORAL HEALTH

GENEROUS SUPPORT **NEEDED**

to support behavioral health
care programs

The Situation:

It happens suddenly. Melissa's life is full of friends; the sun is shining and yet she has an uncomfortable feeling in the pit of her stomach. She's embarrassed that she feels sad even though she looks happy on the outside. **There's no reason to feel this way, she tells herself.**

Amid social distancing orders, those uncomfortable feelings begin to make Melissa feel even more isolated and disconnected from the people she loves. She feels anxiety about her health, her work, and the future, but convinces herself that because she's physically safe and healthy, she simply has to live with the worry. Because she's unaware of what she's going through and embarrassed by her feelings, Melissa **suffers in silence.** Controlled by her fear and afraid of judgement, she does nothing, and finding happiness becomes increasingly difficult for her. Admitting that there is a problem, that there is depression, OCD, anxiety, or addiction is the hardest thing that Melissa will ever have to do — but when she does, she will learn how to live the happy, productive life she deserves.

There are many reasons that patients like Melissa delay getting care, from a fear of stigma to a lack of access to treatment options. Situations like this happen every day in the communities supported by SSM Health Foundation — St. Louis and we are proud to take a **stand against the stigma and support our community.**



ONE in **FIVE** people in the
United States lives with a mental
or behavioral health condition.



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ST. LOUIS

Our History and Mission

SSM Health Foundation — St. Louis' Mission is rooted in a rich legacy of courage. Just as the Sisters of St. Mary's selflessly gave time and energy to collect donations to care for the needy, we seek support to provide care and resources to those who need it most in our community.

Today, SSM Health's Mission continues to guide us: through our exceptional health care services, we reveal the healing presence of God. With a shared courage for a common good, our health care providers, staff, benefactors, and volunteers are committed to providing highly advanced, compassionate care to patients and their families.

The support we receive comes to life in many different ways, from ensuring that SSM Health caregivers have access to and training in cutting-edge, life-saving technologies, to funding state-of-the-art facilities, programs, and resources throughout the St. Louis, St. Charles, Jefferson County, and Metro East regions.



THE MISSING PIECE:

YOU

*Funding a brighter future for
patients in our community*

Access to mental health services is vital. Every person in our community deserves access to compassionate, *holistic* care — from their physical health to their mental wellbeing. Supporting our communities' health means many things, from building state-of-the-art medical facilities to funding patient centered programs to offering innovative training, education, and support to our region's SSM Health Behavioral Health providers. By supporting SSM Health Behavioral Health efforts, you are bringing peace of mind — and a brighter future — to people throughout our communities.

The Why:

A recent St. Louis County Department of Health mental health report shows that visits to emergency rooms for mental health issues have increased by more than 40% in both St. Louis City and St. Louis County in the past decade. Since the start of the COVID-19 pandemic, over half of adults in the United States have reported negative impacts to their mental health. Increased need, combined with lack of viable treatment options, has led to emergency departments being used for primary behavioral health care needs. This leaves many behavioral health patients without the specialized support of treatments like counseling, psychotherapies, and medications that enable them to live a life of hope, fulfillment, and health.

The Need:

For many people, the most effective behavioral health approach involves a combination of counseling and medication. Providing early treatment to these patients is vital to the success of their overall recovery — and we can do so through efforts like the SSM Health Behavioral Health Urgent Care Center at SSM Health DePaul Hospital, the first of its kind in the St. Louis area. By supporting SSM Behavioral Health, you are helping to fund early treatment access for all patients, no matter what their situation may be — directly resulting in better outcomes for people living with mental and behavioral health issues in the communities we serve. In the United States, 43 million people experience mental illness in a given year. In St. Charles and St. Louis County alone, over 100,000 patients are seen in area hospitals for conditions related to mental health annually. That means that, today, thousands of our friends, loved ones, and neighbors depend on the availability, consistency, and quality of behavioral health care. By working together, we can ensure they have it. By working together, we can ensure they have access to the support they need.

The Goal:

To programmatically enhance behavioral health care programs to all communities by providing access to urgent mental health care, limited psychiatric medication refills, treatment of a full range of mental health and substance use disorders, assistance with social determinants of health needs, and direct connection to a wellness path for patients through community partners, as well as funding for Psychiatrists and/or Psychiatric Nurse Practitioners on site at our SSM Health Behavioral Health Urgent Care Center at SSM Health DePaul Hospital.



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