

Counseling Program

School-Based Mental Health Therapy



Someone to talk to.

Stress and anxiety are part of our daily lives, but what do you do when it gets to be too much? Professional therapy is one way to work through stress or any mental health concerns. Catholic Charities Counseling Program is able to provide a therapist with the insight and support needed to manage life problems in a more productive way. We are a community of practitioners invested in creating support for the whole person through a trauma-informed lens.

Convenient for students.

Catholic Charities is currently working with students, families, and faculty at area schools. Having a mental health therapist in your school will reduce the amount of time a student misses class for appointments. Catholic Charities therapists collaborate with the school and parents for permission in accordance with HIPAA.

Meet our school-based therapists and learn more online at:

[catholiccharitiesdm.org/our-services/counseling/](https://www.catholiccharitiesdm.org/our-services/counseling/)

How to prepare for therapy at your school:

- Your school faculty and counselors can help you make an appointment with **Catholic Charities Counseling Program**. A therapist will then follow up with the designated parent/guardian and set appointments.
- Catholic Charities accepts most major insurance plans and has a sliding scale fee for those without insurance.
- Parent/Guardian(s) must be present for the first session to sign documentation and provide needed information to make therapy successful for each student. *
- If school hours are not convenient for family therapy sessions, **you can schedule an appointment at the Counseling Center** at 601 Grand Ave, Des Moines with any of our mental health therapists. Call 515-237-5045.



****Due to Covid-19, in-person sessions may not be available. Teletherapy options include telephone and video conference sessions. Paperwork will be exchanged electronically. Contact a therapist for mor information.***

