

Counselor's Corner

November 2, 2020

Update on Catholic Charities' Mental Health Services

Catholic Charities is no longer offering free in-person mental health services. That program was available through a grant provided by the Red Cross following the 2017 hurricane, and it is no longer operating. However, Catholic Charities is currently offering Telehealth services that are free of charge for children and adults. These services are accessible by phone, iPad or computer. For additional information, contact Nancy Gonzper, Counseling Coordinator, at 239-455-2655.

Telehealth services are becoming more popular and are a great way to obtain an initial consultation without having to leave home. Minor and common ailments can be addressed, and prescriptions for medicine can be provided. Some private insurances also offer access to a variety of practitioners through telehealth services.

Recent studies have indicated a sharp rise in mental health challenges associated with coronavirus, as well as with the impact of physical distancing and other mitigation activities. Symptoms of anxiety and depressive disorders increased considerably in the United States during April–June of 2020, compared with the same period in 2019, with the highest numbers for people between the ages of 18 and 39. *

The continuing uncertainty surrounding the pandemic accelerates fears, which then can develop into anxiety or depression symptoms. As numbers of cases increase again, the need for mental health services also will rise. Therefore, it is very important to be aware of changes in mood, behavior and performance, and to reach out for professional help when these significantly interfere in daily functioning.

*Source: Hartford Health Care Behavioral Health Network