



# CHADS Coalition

FOR Mental Health  
COMMUNITIES HEALING ADOLESCENT DEPRESSION AND SUICIDE  
*Leading our kids to brighter days.*



## Family Support Counseling

The Family Support Program provides targeted, short-term individual and group counseling support to those who are struggling with symptoms of anxiety, depression, or suicidal ideation. Counseling consists of 8-12 one-on-one sessions with the child or adolescent, with parent involvement and communication as appropriate for safety planning.

Counseling is provided at our South County office or via HIPAA compliant tele-therapy platform on a sliding fee scale and with flexible appointments times. Please call the Family Support Intake Line at [314.952.8274](tel:314.952.8274) to schedule an appointment or for more information about Family Support services.

*"CHADS worked with me and my family to restore a relationship between us."  
— Family Support Client*

**SUICIDE IS THE 2ND LEADING CAUSE OF DEATH FOR AGES 10-34 YEARS.**

**IF YOU OR SOMEONE YOU KNOW IS HAVING THOUGHTS OF SUICIDE, CALL THE NATIONAL SUICIDE PREVENTION LIFELINE**

**[1-800-273-TALK \(8255\)](tel:1-800-273-TALK)**

**NIMH RECOGNIZES COUNSELING AS AN EFFECTIVE INTERVENTION FOR REDUCING SUICIDE RISK.**

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