

Meet Your Mental Health Professional

**ERIN
KELLER,**
LCSW



Erin is a licensed clinical social worker who provides therapy to people who have been struggling with managing symptoms of anxiety, depression, trauma, stress, grief, emotional regulation, self-esteem, social skills and relationships. You can expect each session to help you develop a healthy sense of self, a growth mindset, and practice of a healthy coping skillset for a happier, healthier you.

Erin holds a Bachelor of Arts degree in Psychology from Rockhurst University and a Masters in Social Work with a concentration in Mental Health from St. Louis University. She is a St. Louis native whose hobbies include, running, hiking, traveling, reading and spending time with family and friends.

Dougherty Ferry Health Center
2315 Dougherty Ferry Rd, Suite 110
St. Louis, MO 63122

Hours:
Monday - Friday 8am - 5pm

Three easy ways to schedule an appointment:

📞 314.314.7434 💻 www.careatc.com/patients 📱 CareATC app

Meet virtually, by telephone
or in-person

Benefits of working with a Mental Health Professional

- 1. Low or No Cost*** - All health center eligible members have access to mental health services.
- 2. Personalized Care Plan** - strategically focused on your personal goals and built on your strengths to help you improve your overall health and well-being.
- 3. Confidential** - CareATC complies with all HIPAA regulations.

**A \$35 office visit fee will apply to HSA participants.*

Why work with a Mental Health Professional?

- Desire to improve your emotional health
- Want to focus on life improvement/goal-setting
- Family, marital or other relationship issues
- Feeling stressed with work or family
- Struggling with work/life balance
- Parenting support
- Recent loss or grief
- Avoiding friends and social activities
- Excessive worrying, fear, or sadness
- Inability to handle daily activities/problems/stress
- Extreme mood changes; "highs", "lows"
- Increased feelings of irritability or anger
- Overuse of substances like alcohol or drugs
- Suicidal thoughts



Show Me
The App!

