

Mental Health Services

As with all other people, patients with spinal cord injury/dysfunction (SCI/D) continually strive to adapt to their environment. In addition to physical adjustments, they need to respond to psychological challenges. It is important to balance numerous demands to find a healthy balance for oneself.

To promote healthy adjustment, mental health services are offered to inpatients and outpatients. Adjustment is a dynamic and fluctuating process across the life span, so our mental health staff is always available.

Our mental health professionals provide support through the following services:

- Education about SCI/D
- Early adjustment counseling
- Long-term adjustment counseling
- Vocational rehabilitation and employment counseling
- Mood management (depression, anxiety)
- Sleep education
- Smoking cessation
- Sexual health education and counseling
- Quality of life counseling
- Stress management counseling
- Neuropsychological testing
- Substance abuse treatment
- Self-care support (skin care, pain management)
- Individual therapy
- Couples or marital therapy
- Relationship therapy (caregivers, social support)
- Family therapy



**Please contact us with your
questions or concerns at
314-652-4100 or 800-228-5459**

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