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Lutheran Family and Children's Services Highlights National Mental Health Awareness Month

St. Louis, Missouri (April 29, 2025)—[Lutheran Family and Children's Services \(LFCS\)](#), one of Missouri's longest-serving social service agencies, is spotlighting [National Mental Health Awareness Month](#) by reaffirming its commitment to providing comprehensive mental health services to individuals and families across the state.

Observed each May, National Mental Health Awareness Month aims to reduce the stigma surrounding mental health issues and promote access to mental health resources.

"Mental health is a vital component of overall well-being," said Lindsay Jeffries, Director of Behavioral Health at LFCS. "During Mental Health Awareness Month, we want to emphasize that LFCS is here to support and guide those struggling. We believe everyone deserves access to quality mental health care."

LFCS provides a range of behavioral health services, including individual and family counseling, trauma-informed therapy, and support for anxiety, depression, and other mental health challenges. The agency's licensed therapists are dedicated to providing compassionate and effective care for children and families and helping them strengthen their ability to cope with life's challenges.

Acknowledging the significant need for mental health support across the state, in 2024, LFCS provided vital counseling services directly to 10,454 children and family members. The agency's dedicated team delivered over 30,331 service hours to these children and families, demonstrating

their commitment to addressing the mental health needs within our communities. Recognizing this critical need, LFCS further extended its commitment by providing counseling services directly within St. Louis area schools, making mental health support more accessible to young people.

Throughout May, LFCS encourages individuals and families to prioritize their mental health and seek support when needed. LFCS also advocates for increased awareness and understanding of mental health issues within the community. The following are ways to get involved:

- Learn more about LFCS's mental health services and resources at lfcsmo.org
- Show your support and raise awareness by participating in [Wear Green Day on May 15](#), a national initiative to show solidarity with those experiencing mental health issues.
#WearGreenDay
- Concerned about mental health? Our [blog](#) shows how we are making a difference in Missouri's mental health crisis.
- [Please donate](#) to our mission and help us continue providing mental health services.
- Spread the word on social media by sharing our posts and hashtag
#MentalHealthAwarenessMonth

"We are committed to breaking down barriers to mental health care and ensuring everyone has the opportunity to thrive," said Jeffries. "We encourage anyone who feels they could benefit from mental health support to contact us."

For more information about Lutheran Family and Children's mental health services, visit <https://lfcsmo.org/>, call 866-326-LFCS, or email help@lfcs.org.

[Lutheran Family and Children Services \(LFCS\)](#) is a statewide agency headquartered in St. Louis, Missouri, with regional offices in Columbia, Cape Girardeau, Springfield, Joplin, and Kansas City and numerous satellite counseling sites. LFCS serves Missouri families from all walks of life in their greatest times of need. The nonprofit social services organization provides six critical support areas to help children and families: adoption, behavioral health, parenting education, pregnancy support, foster care, and childcare at the [Hilltop Child and Family Development Center](#). The programs in these areas empower individuals and families to develop healthy,

supportive foundations for a lifetime. Services are open to anyone regardless of race, faith, national origin, and gender.