

Women's Emotional Wellness

Supporting Women During Life's Challenges

Women and Children's Services of Saint Luke's Health System provides care for the whole woman during her lifetime and is a resource for education, health promotion, primary care, and support.

The **Women's Emotional Wellness Program** provides emotional support and care for women experiencing life's transitions and challenges. Women have the opportunity to talk with a nurse-counselor in a supportive and caring environment.

Life transitions you might experience are...

- Pregnancy and postpartum adjustment
- Coping with infertility
- Grief and loss: loss of a pregnancy, a loved one, or divorce
- Changes in role or life circumstances
- Midlife issues, perimenopause/menopause, care of an elderly parent or loved one
- Life-altering diagnosis

Services offered include...

- Supportive counseling through normal adjustment to life transitions.
- Screening and assessment for mood disorders and other mental health issues.
- Counseling services for depression, anxiety, stress, and relationship difficulties.
- Stress management and mind-body coping skills.
- Referral to appropriate medical, mental health, and health care resources as necessary.



How to contact us...

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