



Molly is focused on her mental health

Molly started a new job to help support her family. That can be stressful enough, but her job was as a front line worker during the pandemic.

Concerned for her safety and bringing Covid to her at-risk family, her stress level immediately escalated.

Without access to her employer's insurance plan, she used Catholic Charities of Iowa's sliding-fee scale for mental health counseling.

In the past, she tried to see a therapist for her anxiety. But the cost over time proved to be too much.

After seeing a psychiatrist through Catholic Charities, she was prescribed medication and, along with therapy sessions, reduced her anxiety and improved her focus and concentration at work.

Without this help her job, and her family's future, would be in jeopardy.

**The photo has been changed to protect the identity of the client.*

**United Way
of Siouxland**

