



Serving the Mind, Body, and Spirit

Your impact, at a glance



We care about our community and the people in it.

Since health and wellness touch every person and their quality of life, we strive to holistically address all impacts. We do what we do so we can create a healthier community for everyone — but we couldn't do it without you!

We're grateful for another year of providing access to care for all who need it, and we look forward to continuing to make our presence known in our community.



Behavioral Health Urgent Care and Clinic

Nearly 60 million Americans experience a mental illness, and this number continues to increase year over year. While the stigma of mental health has lessened from previous years, access to care is still a prevalent issue.

In 2024, we focused on increasing behavioral health resources, including opening a new Behavioral Health Urgent Care and Clinic at SSM Health Saint Louis University Hospital. Supported by the Mabee Foundation Challenge Grant, generous benefactors, and 224 golfers at our 9th annual SSM Health Foundation Open, the Clinic provides behavioral health programs and initiatives, including:

- long-acting injectables treatment
- telehealth services
- early intervention and prevention programs

\$3,091,949 raised for behavioral health

76.9% of all U.S. adults with a substance use disorder didn't receive the treatment they needed last year

580+ patients cared for in the first four months of SSM Health Clinics opening

Resource: The State of Mental Health in America 2024

Greatest Need

At the heart of our work is the understanding that the greatest need in a community is ever-changing. Our community is a living, breathing entity, and just like its members, it grows, changes, and encounters new challenges. Whether it's healthcare training, pioneering research, behavioral health support, cancer care, or something else, the most urgent priority is the one that has the largest impact on people's lives right now.

Community supporting community takes our unique pieces coming together to create a beautiful stained glass piece. Together, we are creating a masterpiece that lights up the world for those needing a path through their darkest days.

438 gala attendees

\$535,538 raised in ONE evening

Hospice and Home Health

Our SSM Health Hospice and Home Health programs, **Peaceful Harmony Music Therapy** and **Comfort Touch® Massage Therapy**, are designed to promote relaxation and wellness; provide relief from pain, stress, and anxiety; and offer unique opportunities for interaction.

With support from our donors, SSM Health care providers, like Margo Mason, LMT, are able to travel to patients around Missouri for at-home massage therapy. Margo has helped her patients find the comfort and peace they need during their difficult moments. For one patient living with Alzheimer's disease and on hospice, Margo's massages not only stimulate her muscles, but they also stimulate her mind. After a therapeutic massage, this patient's husband noted she made several comments about conversations they had earlier in the day.

"Some people think that once a person starts on hospice care, that's it for them. I am grateful this has not been the experience for us because the people we love don't stop being who we love just because of their illness or diagnoses."

— husband of an SSM Health Hospice and Home Health patient

Community Health

When basic needs, such as access to healthy food, are not being met, a domino effect can occur.

The Bread Basket Program at SSM Health, in partnership with the St. Louis Area Foodbank, focuses on addressing food insecurity in the greater St. Louis region — so we can help SSM Health patients receive the nutrients they need to live healthy lives.

7,500+ individuals helped

7 food pantries

18 food distribution events

Share Your 'Why'

Personal stories, such as Margo's massage therapy patient, give a face to the transformative work we do and turn abstract numbers into meaningful, human connections.

If you've had an experience with an SSM Health program or initiative, we'd love to hear your SSM Health story and how our care providers made an impact on your life or a loved one's life. By lending your voice, you're empowering others to seek support and reminding them of the strength they found through SSM Health.

Submit your why at givetossmhealth.org/ShareYourStorySTL.

