



Dear Families,

As we embark on a new year at St. Margaret of Scotland, I am delighted to introduce myself and share some exciting news. My name is Michaela Mense. I will be your dedicated therapist/school counselor for the 2025-2026 academic year through Saint Louis Counseling's School Partnership Program, a service of Catholic Charities of the Archdiocese of St. Louis. I will be on-site two days a week, Monday and Thursday, ready to support our students' emotional and mental health needs throughout the year.

With a background in Clinical Social Work, I have dedicated my career to working with children and adolescents, helping them overcome challenges and thrive in their school environment. My passion lies in supporting students as they grow and develop, and I am committed to ensuring they have the resources they need to succeed.

If your student experiences difficulties such as heightened anxiety, depression, emotional dysregulation, or is facing a significant life event, please do not hesitate to reach out to me or any school staff member so we can arrange a consultation. We will support your child's well-being and ensure they have the necessary resources to succeed.

I can be reached directly at school 314-776-7837 or by email at mmense@ccstl.org. Teachers can help arrange a visit at the most convenient time for your student.

Please know that services from Saint Louis Counseling's School Partnership Program are free to students! This is thanks to the generous support of Catholic Charities, investment from your school, and our wonderful donors who care deeply about our communities.

It is my honor to be a part of the St. Margaret of Scotland community this year. If the need arises, please reach out to me as a resource for you and your student. Together, we can make this school year a positive and fulfilling experience for all.

Warm regards,

Michaela Mense
Therapist/School Counselor
Saint Louis Counseling