



# Connect your child or teen to virtual mental health support

With Hazel Health, your child can get the mental health support they need, **at no cost to you.**

## Virtual sessions with licensed therapists

- 1 Sign up**  
*Give permission for your child or teen to see a Hazel therapist*
- 2 Therapy referral**  
*Either you or a school staff member refers your child to therapy by contacting Hazel*
- 3 First therapy session**  
*Hazel matches your child with a therapist and schedules an appointment*
- 4 Weekly therapy sessions**  
*Over video, the therapist helps your child cope with what they're feeling*
- 5 Therapy completion**  
*Your child has achieved their therapy goals and is discharged from the therapy program*
- 6 Care coordination**  
*If needed, Hazel helps connect your family with long-term mental health services in your community*

During weekly therapy sessions, Hazel Health therapists help students understand and cope with what they're feeling

Anxiety

Depression

Grief/loss

Self-esteem

Change

Academic stress

Bullying

and more

Scan to learn more



Learn more and consent for services [hazel.co/get-hazel](https://hazel.co/get-hazel)

Request a therapy appointment for your child by calling Hazel Health at 1-800-76-HAZEL (42935)

Services differ by district and school. To see what services your district offers, visit [hazel.co/get-hazel](https://hazel.co/get-hazel).