



# Connect your child or teen to virtual mental health support

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

## Virtual sessions with licensed therapists



#### **Create an account** After you complete the consent form, create an account



**Refer your child to therapy by calling Hazel Health** Call Hazel at **808-784-7363** to refer your child to therapy

### Intake session

Hazel matches your child with a therapist and schedules an appointment

#### Weekly therapy sessions

Over video, the therapist helps your child cope with what they're feeling

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#### Therapy completion

Your child has achieved their therapy goals and is discharged from the therapy program

#### **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

Services are available at school during school hours, and at home Monday to Friday between 7am-7pm local time

#### Scan to learn more

# Call 808-784-7363 to learn more and sign up

In order to better help you, please consent for services before you call at <u>my.hazel.co/hawaiipublicschools</u>