



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

- Sign up
 Give permission for your child or teen to see a Hazel therapist
- Therapy referral

 Either you or a school staff member refers your child to therapy by contacting Hazel
- First therapy 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
- 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



