

# Supporting Your Child's Mental Health

Oftentimes, families are the first to recognize that their child might need mental health support but aren't sure where to start.

Cartwheel, our partner in supporting the mental health needs of our students, is now offering a way for parents/guardians to directly raise their hand for mental health support for their child.

[Click here](#) to inquire about accessing these services.



**Cartwheel provides rapid access to evidence-based 1-1 teletherapy, psychiatric evaluations, medication management, parent guidance, and family therapy.**

**It is easy to access care.** Connect via laptop, tablet, or phone. Services are available Mon-Fri, 8am-8pm (some Sat hours). Care provided in multiple languages, including Spanish.

**Covered by most insurance plans.** Standard co-pays and deductibles apply. Families with Medicaid or no insurance have \$0 out-of-pocket costs.



## **Signs that your child might need mental health support:**

- Changes in mood or behavior
- Changes in eating or sleeping patterns
- Declining academic performance
- Withdrawal from friends or activities
- Increased anxiety or stress
- Expressing feelings of sadness or hopelessness
- Experiencing transition (related to life, family, peers, school)
- Exposure to a traumatic event

*I was extremely impressed how fast he was scheduled to see a therapist once the referral was made. Both the therapist and the psychiatrist were absolutely wonderful, created an environment that made my son feel comfortable enough to talk and were so kind and patient. Highly satisfied!"*

—Parent



## How it works



Once you fill out the interest form, your school team will review your form.



If your school team believes that Cartwheel is the right fit for your student, they will make a referral.



Cartwheel will reach out to you via text message to get started.

## Some challenges Cartwheel can help your child with:

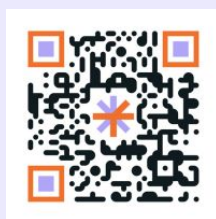
|                     |                          |
|---------------------|--------------------------|
| Anxiety             | Coping skills            |
| Stress              | Motivation               |
| Depression          | Family and relationships |
| Sadness             | Anger                    |
| Grief or loss       | Trauma                   |
| Low self-esteem     | School avoidance         |
| Self-harm           | Social issues            |
| Navigating identity | Sleep issues             |
| Technology use      | And more...              |

*First of all, it was so much easier and faster to get set up with Cartwheel than it would have been for us to find a new therapist in the traditional route. My son felt connected to his therapist right away, and we were grateful that a good match was found for him so quickly."*

—Guardian



## Want to learn more about mental health support for your child?



Visit [www.cartwheel.org/families](http://www.cartwheel.org/families)

**Questions?** Please contact a member of your school's team or contact Cartwheel directly by calling/texting (617) 272-7439 or emailing [office@cartwheelcare.org](mailto:office@cartwheelcare.org).