



## School-Based Therapy Program

Your partner for on-campus and online school-based mental health services.

Wellness Together Mental Health Specialists provide:

- Individual Counseling & Group Counseling Services
- Family Engagement Sessions
- Collaboration with Existing Support Staff
- Crisis Intervention & Prevention
- Social-Emotional Learning Classroom Presentations



Scan here to learn more!



## HearYou.org™

Online Counseling

- Timely access
- Flexible & customized coverage for students 4 years+, families, and educators
- Increase staff mental health supports to increase retention and engagement
- Strengthen and foster a supportive school environment



## Wellness Education Lab™ (WEL)

FREE Mental Health Training for Schools

- Created by trusted experts in school mental health
- Learn practical skills to manage day-to-day stressors and support others
- Improve mental health literacy
- Complete the WEL training at your own pace



## mind out loud (MOL)

The Youth-Led Student Mental Health Movement that amplifies student voices to:

- Improve student mental wellness
- Increase the use of suicide prevention resources
- Provide support for marginalized communities
- Engage students (13+) in mental health awareness & advocacy



## Laughing Together

Professional Development & Student Workshops

- Improve social skills & communication
- Build confidence & strengthen relationships
- Learn mental health skills
- Have FUN!