



Cartwheel is a new **mental health service** available via telehealth to students

- + School staff can refer a student with parent/guardian consent
- + **Within 7 days**, students see a licensed therapist – no waitlists
- + Students can see their therapist weekly for **2-4 months** on average
- + Additional services may include referral for medication evaluation and/or parent guidance support
- + For longer-term needs, Cartwheel can support your family with referrals for ongoing care
- + Affordable for families regardless of insurance (\$0 with MassHealth)

↩ Flip over for more information

Cartwheel helps students and families **return to balance.**

How does telehealth work?

All visits are private and confidential

Therapy sessions are usually one hour, once a week, and available during the day, evenings, or weekends

Students join by computer or smartphone

A parent or guardian joins the first and last therapy session

How can I learn more?

Ask a school counselor if your family would benefit from Cartwheel's services and can be referred

After the referral, our Care Team will reach out to you in the next 2 business days

Please complete intake forms **BEFORE** your first visit

We look forward to seeing you!



Our team is licensed in Massachusetts, multilingual, and experienced supporting **kids and teens.**

We help address...

- | | | |
|----------------|--------------------|------------------|
| + Anxiety | + Self-harm | + Motivation |
| + Stress | + Identity issues | + Social issues |
| + Depression | + Coping | + Relationships |
| + Sadness | + Anger | + Sleep issues |
| + Grief / loss | + Trauma | + Technology use |
| + Self-esteem | + School avoidance | + And more... |