



## PARENT GUIDANCE

Are you a parent or caregiver interested in support with your child's mental health?

**Parent guidance with Cartwheel is available via telehealth** to caregivers.

- + School staff can refer you for **parent/guardian guidance sessions** with Cartwheel
- + Usually **30 minutes weekly** or every other week for a few weeks or months
- + You can meet with a **licensed therapist via telehealth** for support with your child's mental health
- + **Common topics** include school avoidance, emotional regulation, anxiety, depression, and more
- + **Sessions are designed for parents and caregivers** (a great option when a child is too young or not interested in telehealth)
- + **Covered by your health insurance** (\$0 with Medicaid)

↩ Flip over for more information

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

## How does telehealth work?

All visits are private and confidential

Sessions can be scheduled in the morning or afternoon

You can join by computer, tablet or smartphone

Sessions are usually 30 minutes weekly or every other week for a few weeks or months depending on your family's needs

## How can I learn more?

Ask a school counselor or social worker 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, teens, and families.**

## 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...    |