



## It's easy for families to access School Linked Mental Health!

### SERVICES PROVIDED IN-PERSON AND THROUGH TELEHEALTH

Services can begin using one format and adjust as needed

# Some tips for telehealth:

- Find a private space with a door that closes
- Ask a caregiver to help you find a private space
- Set a reminder on your calendar or on your phone to help you remember your appointment
- Ask for help if you can't get connected to your session

#### WE'RE HERE TO HELP!

Families and school staff can reach us to get connected to your school based therapist!

Financial assistance options available

Call or visit our website:

### 763.780.3036 • leecarlsoncenter.org

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