Connect your child or teen to virtual mental health support

With Hazel Health, your child can get the mental health support they need, at no cost to you.

Virtual sessions with licensed therapists

1. **Sign up**
   Give permission for your child or teen to see a Hazel therapist

2. **Therapy referral**
   Either you or a school staff member refers your child to therapy by contacting Hazel

3. **First therapy session**
   Hazel matches your child with a therapist and schedules an appointment

4. **Weekly therapy sessions**
   Over video, the therapist helps your child cope with what they’re feeling

5. **Therapy completion**
   Your child has achieved their therapy goals and is discharged from the therapy program

6. **Care coordination**
   If needed, Hazel helps connect your family with long-term mental health services in your community

During weekly therapy sessions, Hazel Health therapists help students understand and cope with what they’re feeling:

- Anxiety
- Depression
- Grief/loss
- Self-esteem
- Change
- Academic stress
- Bullying
- and more

Learn more and consent for services my.hazel.co/jeffcopublicschools

Request a therapy appointment for your child by calling Hazel Health at 1-800-76-HAZEL (42935)

Services differ by district and school. To see what services your district offers, visit hazel.co/get-hazel.