



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

Scan to learn 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.