

\$0 online therapy available for *all* *students*



Did you know? We're open throughout school breaks! With Hazel, your child or teen has access to free therapy this winter break and beyond. Breaks in learning or routine can disrupt a student's emotional well-being, but mental health support can provide the tools they need to stay resilient and thrive.

How It Works: Your child or teen can get help with academic stress, anxiety, or managing difficult emotions or relationships—to help them feel their best.

- **Expert Support:** 1-on-1 counseling from a professional therapist
- **Fast and easy:** No long waiting lists or doctor referral needed
- **Proven to work:** 90% of students improve after six sessions
- **Cost?** Free for all students



HOLIDAY HOURS

Online Therapy:
9 AM - 7 PM
local time

**Therapists are
off on:**
12/24, 12/25, 1/1



Sign up for our online therapy program today by scanning the QR code or calling 888-541-7063.