



Thriving schools, thriving students: **Cartwheel Staff Therapy**

The need to address the mental health of educators and other school staff has never been more pressing. Between academic recovery efforts and the youth mental health crisis, school staff are exhausted and turnover is higher than ever.

To help support all staff in your schools through these challenging times, Cartwheel offers Staff Therapy.



What is Staff Therapy?

All district employees have access to:

- **Individual mental health services:** One-on-one weekly virtual therapy sessions with licensed clinicians trained in working with adults, for up to 6 months.
- **Fast, easy, sign-up:** Interested staff [sign up directly](#) with Cartwheel. District personnel will not have access to any identifying information.
- **Flexible scheduling:** Staff have access to the same flexibility extended to our students. 8:00 AM - 8:00 PM, diverse clinicians, 10+ languages, no waitlists.

Examples of Issues Supported

- Anxiety
- Depression
- Trauma
- Burnout
- Motivation
- Family/parenting
- Stress
- Anger
- Relationships
- Loss & grief
- Coping
- Sleep issues

Conditions Not Supported

- Urgent or emergency care
- Primary eating disorders
- Primary substance use disorders
- Active psychosis or mania

How does it work?

Staff members in participating districts can [sign up](#) directly with Cartwheel. Our care coordinators then reach out to the staff member directly to verify insurance, help match them with a clinician in our practice, and schedule their first meeting. Care will continue for as long as deemed necessary within the 2-6 months or until an alternative treatment plan is recommended. **Care is provided as an in-network benefit using the staff member's health insurance plan**, so a copayment or deductible may apply.



Want to get started?

Visit <https://app.cartwheel.org/stafftherapy>