



Supporting Your Child's Mental Health & Wellness

Families are often the first to notice when something feels different for their child, but it can be hard to know where to start.

Cartwheel, our partner in supporting the mental health and wellness needs of students, is now offering a way for parents or caregivers to seek support by completing a simple [interest form](#).



Cartwheel provides quick access to 1-1 virtual therapy, parent guidance, family therapy, psychiatric evaluations, and medication management.

It is easy to access care. Connect via laptop, tablet, or phone. Care is provided in multiple languages, including Spanish.

Covered by most insurance plans. Standard co-pays and deductibles apply. Families with Medicaid have \$0 out-of-pocket costs.



Common signs that your child might need mental health support:

- Changes in sleep, appetite, or energy
- Drop in grades or interest in school
- Irritability, anger, or emotional outbursts
- Sadness or low mood
- Avoiding school
- Anxiety or persistent worry
- Trouble concentrating or staying motivated
- Excessive screen time
- Substance use, risky behaviors, or mention of self-harm

“I was extremely impressed how fast he was scheduled to see a therapist once the referral was made. Both the therapist and the psychiatrist were absolutely wonderful, created an environment that made my son feel comfortable enough to talk and were so kind and patient. Highly satisfied!”

—Parent

Get started and learn more at: www.cartwheel.org/families



What happens after you submit the Family Interest Form

- 1 Your school team reviews the information you share.
- 2 If your school team believes that Cartwheel is the right fit for your child, they will make a referral.
- 3 Cartwheel will reach out to you directly to get started.

Some challenges Cartwheel can help your child with:

- | | |
|-----------------|--------------------------|
| Anxiety | Coping skills |
| Stress | Motivation |
| Depression | Family and relationships |
| Sadness | Anger |
| Grief or loss | Trauma |
| Low self-esteem | School avoidance |
| Self-harm | Social issues |
| Technology use | Sleep issues |
| | And more... |

First of all, it was so much easier and faster to get set up with Cartwheel than it would have been for us to find a new therapist in the traditional route. My son felt connected to his therapist right away, and we were grateful that a good match was found for him so quickly."

—Guardian



Learn more at www.cartwheel.org/families

Questions? Please contact a member of your school's team or contact Cartwheel directly by calling/texting (617) 272-7439 or emailing office@cartwheelcare.org.