



# Behavioral and Mental Health Telehealth Available Now!

If your child is experiencing behavioral or mental health concerns, but there is a waitlist for services in your area, your family may be eligible for cost-free Behavioral and Mental Health Telehealth Services.

Our telehealth sessions are designed to provide short-term support while long-term services are being arranged, helping families navigate challenges without waiting.

## **Families referred to this initiative can receive:**

- ✓ Up to **12 cost-free telehealth sessions** for children and youth, with parent or guardian involvement when needed.
- ✓ **Three one-on-one sessions** for parents, custodians, or guardians to discuss parenting concerns or their own mental health.

To be eligible for this service, you must receive a referral through a Public Children Services Agency, Family & Children First Council, or Infant and Early Childhood Mental Health Consultant.

These services are here to help families bridge gaps and get the support they need—quickly and effectively.

*To learn more, reach out to your Children Services Agency Caseworker, Family & Children First Council, or Infant and Early Childhood Mental Health Consultant today!*