



MENTAL HEALTH & WELLNESS

Mental Health Assistance Program (MHAP)



MHAP

There are a limited number of therapy sessions available for students to see a mental health provider in our community.

- **Local Partners**
We partner with Southwest Behavioral Health and other local agencies to provide a limited number of free therapy sessions for students in WCSD. *Only student's enrolled in WCSD are eligible for this support.
- **Referred by School Counselor**
If you are interested in accessing 8 free therapy sessions for your student, please ask your school counselor for more information. If you are in immediate crisis, please call 988, the 24-hour suicide and crisis lifeline or access the SafeUT app to start a chat with a trained crises response worker.
- **Select a Provider**
When registering, please see the list of local providers and select the provider of your choice. Look for a provider who accepts your health insurance and/or has the desired speciality and expertise.
- **Complete All Sessions**
After completing free sessions your student may want to continue seeing their provider. At that point, you will need to transition to your health insurance or convert to a self-pay option to continue the support.

CONTACT INFORMATION

Reach out to your school counselor



www.washk12.org www.washk12wellness.org