



Here to help, here for mental health!

Hawai'i schools are providing a new community mental health resource, as an addition to our school-based supports.

Hazel Health is a resource that provides short-term teletherapy to K-12 students with a highly qualified licensed therapist, at no cost to families. All visits take place remotely over video chat. Hazel will now be one of several services school teams may refer students to within the existing framework of school-based support, as one part of a student's continuum of support. Hazel will not replace any existing services.

Have concerns about the following? Reach out to your school:

- ✓ Anxiety
- ✓ Depression
- ✓ Family Concerns
- ✓ Trauma
- ✓ Eating Change
- ✓ Sleep Problems
- ✓ Hyperactivity
- ✓ Grief/Loss
- ✓ Loneliness
- ✓ Social Skills
- ✓ Motivation
- ✓ Defiance
- ✓ Anger Management
- ✓ Academic Stress
- ✓ Identity Expression
- ✓ Bullying
- ✓ Self-Esteem
- ✓ Self-Harm
- ✓ Relationships
- ✓ LGBTQ+ Challenges



Therapy sessions with Hazel are a safe space and are always **private and confidential**. Hazel's team of licensed therapists offer compassionate, culturally competent, and multi-lingual care to help students address a wide range of mental health concerns.

