



Connect your child or teen to virtual mental health support

With Hazel Health, your child can get the mental health support they need, at school or at home, **at no cost to you.**

Virtual sessions with licensed therapists

- 1 Consent to services**
Give permission for your child to see a Hazel therapist by signing up at my.hazel.co/hawaiipublicschools
- 2 Create an account**
After you complete the consent form, [create an account](#)
- 3 Refer your child to therapy by calling Hazel Health**
*Call Hazel at **808-784-7363** to refer your child to therapy*
- 4 Intake session**
Hazel matches your child with a therapist and schedules an appointment
- 5 Weekly therapy sessions**
Over video, the therapist helps your child cope with what they're feeling
- 6 Therapy completion**
Your child has achieved their therapy goals and is discharged from the therapy program
- 7 Care coordination**
If needed, Hazel helps connect your family with long-term mental health services in your community

During weekly therapy sessions, Hazel Health therapists help students understand and cope with what they're feeling

Anxiety

Depression

Grief/loss

Self-esteem

Change

Academic stress

Bullying

and more

Services are available at school during school hours, and at home Monday to Friday between 7am-7pm local time

Scan to learn more



Call 808-784-7363 to learn more and sign up

In order to better help you, please consent for services before you call at my.hazel.co/hawaiipublicschools