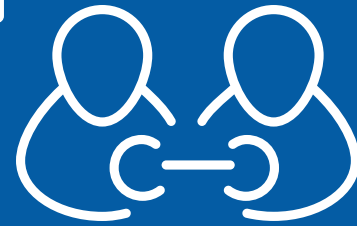
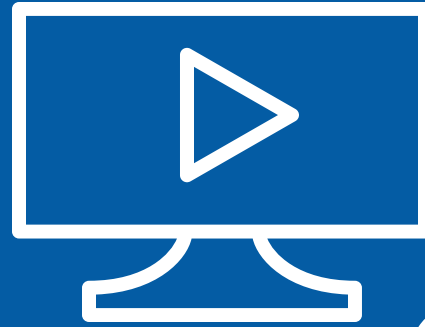


# THERAPISTS AVAILABLE!

**While school may look different this year, therapists are still here to help!**

**Whether you're learning in-person, remotely, or both, therapy is available!**



## **How Do I Know My Child May Need Therapy?**

Symptoms such as extreme changes in behavior or appearance; withdrawal from activities; loss of interest in activities; increase outbursts, crying; excessive sadness, worry, anxiety, and guilt are signs that your child may need to talk with a therapist.

## **How Does COVID-19 Impact Care?**

Care is provided through phone calls, in-person or by video conferencing like Zoom or FaceTime. If you want to meet in-person the therapist will coordinate a location convenient for you.

## **Will My Insurance Cover the Cost of Therapy if it's by Phone or Video?**

Government provided insurances (Medicaid Managed Care Plans) have been approved to provide services in-person, by phone or telehealth (video conferencing). Most private insurance are also covered. Check with your insurance provider to be certain.

## **Who Should I Contact About Therapy?**

Contact your school-based provider to start or continue therapy. If you don't know who the provider is, ask your school or refer to [www.MindPeaceCincinnati.com](http://www.MindPeaceCincinnati.com).

## **What Services are Available in Addition to Therapy?**

Medication management, parent support and case management are available.

## **What Strategies are Available for Use at Home?**

**Virtual MindPeace Rooms™** allows for refocusing, calming, body movement, mindfulness and self reflection exercises. Access them at: <https://mindpeacecincinnati.com/virtual-mindpeace-rooms/>

**State of Mind** presentations and webinars promote mental health and wellness. Access them at: <https://mindpeacecincinnati.com/state-of-mind-speaker-series/>

**More information is available at [www.MindPeaceCincinnati.com](http://www.MindPeaceCincinnati.com)**