

# Cartwheel Overview



## Your child deserves to thrive. Cartwheel is here to help.

### What to expect from mental health care with Cartwheel

- ✓ Cartwheel provides teletherapy with licensed therapists – no waitlists.
- ✓ Sessions are private and confidential, accessed via computer or smartphone.
- ✓ Weekly 1-hour sessions for 2-6 months on average.
- ✓ Parent guidance and psychiatric evaluation/medication management if necessary.



#### What is parent guidance?

- Parent/guardian meets with a licensed therapist for 30-minute sessions every other week.
- Get support with your child's mental health, focusing on communication, relationship challenges, and more.
- Great option when a child is too young or not interested in telehealth.

### Next steps

- 1 School staff will refer your child to Cartwheel, with your consent.
- 2 You receive a text link to the Welcome portal to provide availability and insurance details.
- 3 We provide you with a cost estimate and work together to schedule your first session.
- 4 A parent/guardian must be virtually present for the first and last session.
- 5 Please complete all intake forms before the first session.

## About Cartwheel

Cartwheel is the trusted mental health partner to schools, delivering rapid access to mental health services via telehealth. Our team of therapists and child psychiatrists has decades of experience serving students and works exclusively with schools.

### 95% of parents

say they would recommend Cartwheel to a friend or neighbor

### 92% of students

say they feel better after working with a Cartwheel clinician