



# Virtual Mental Health Services

## School Based Mental Health Counselors

### Issaquah School District

Is your student suffering from anxiety, depression or other mental health issues? Free help is available through the Issaquah School District's school based mental health counselors.

#### What services are the school based mental health counselors able to provide?

During remote learning we are offering remote mental health counseling via **phone** and secure **Zoom** sessions for counseling and skill-building on many topics, some of which include:

- Depression
- Anxiety and worry
- Relationship problems
- Family concerns
- Grief and loss
- Substance use

We also provide referrals to community resources.

#### Who are the school based mental health counselors?

All of the school based mental health counselors are employed by Swedish Medical Center and are licensed independent clinical social workers certified to diagnose and treat mental health conditions. All staff have prior experience in mental health assessment and counseling. As Swedish employees, they have access to other professionals for consultations, such as child psychologists or psychiatrists.

#### Who can access counseling services?

Any student enrolled in the Issaquah School District can be seen by a school based mental health counselor. These services are available at no cost to ISD students or their families. In accordance with state law, teens 13 and older may receive confidential mental health counseling without parental knowledge or consent.

#### How can my student be seen?

Referrals can be made by contacting your school counselor or by [contacting the school based mental health counselor at your school](#) directly. Please note the service is voluntary and students are not required to utilize our services. Our counselors are bound by HIPAA laws and will not divulge any confidential information without student and/or family consent. **If we feel a student is at serious risk for harming themselves or others, or in a case of child abuse or neglect, school staff, parents and authorities, as appropriate, will be involved.**

**Our mission is to foster the health and wellbeing of students in the Issaquah School District so they are safe, healthy and ready to learn.**