



# School-Based Mental Health

**2023-2024 School Year**

## Services & Support

- Your school's therapist can provide mental health services to students during the school day or after school. We can help students work through things like depression, anxiety, trauma, relationship issues, behavioral issues, and more.
- Our therapists also work collaboratively with others in the school, offering consultation services to school administrators, teachers, and other treatment providers.
- Parents, legal guardians, and caregivers also can access support from the therapist by scheduling a telehealth appointment. During these sessions, the therapist can provide support and strategies for helping the child at home.
- Uninsured families can apply for grant funding to help cover the cost of TAP therapy/support.

**School-Based Mental Health Therapist for students enrolled at Forest Lake High School:**



**Sydney Matic**  
**(651) 253-1407**  
[smatic@canvashealth.org](mailto:smatic@canvashealth.org)

## About us

As your school's mental health therapists, we are committed to supporting students, families, teachers, and administrators.

We work within your school's community setting to help identify and address mental health concerns, and eliminate barriers to accessing care.

Please reach out any time using the contact information above. We work closely with your school to provide services in the way that makes the most sense for students. Services are offered in person as well as via telehealth, which is accessible by computer, tablet, or smartphone.

 **Learn more at [CanvasHealth.org](https://CanvasHealth.org)**