



MENTAL HEALTH & WELLNESS

Mental Health
Assistance Program
(MHAP)



MHAP

There are a limited number of therapy sessions available for students to see a mental health provider in our community.



Local Partners

We partner with Southwest Behavioral Health and other local agencies to provide a limited number of free therapy sessions for students in WCSD. *Only student's enrolled in WCSD are eligible for this support.



Referred by School Counselor

If you are interested in accessing free therapy sessions for your student, please ask your school counselor for more information. If you are in immediate crisis, please call 988, the 24-hour suicide and crisis lifeline or access the SafeUT app to start a chat with a trained crises response worker.



Select a Provider

When registering, please see the list of local providers and select the provider of your choice. Look for a provider who accepts your health insurance and/or has the desired speciality and expertise.



Complete All Sessions

After completing free sessions your student may want to continue seeing their provider. At that point, you will need to transition to your health insurance or convert to a self-pay option to continue the support.

CONTACT INFORMATION

Reach out to your school counselor



www.washk12.org www.washk12wellness.org