



Dear USD 289 Parents and Students,

Students have a lot going on these days: school, relationships, activities, sports, jobs, pressures and more – all while trying to adjust to changes with COVID-19. For some teens this can be overwhelming, causing them to feel down, lose sleep, increased irritability, etc.

USD 289 is committed to supporting students' social/emotional and mental health needs in addition to their academics. While our district has great resources through counselors, social workers, and our school psychologist, we are excited to announce our partnership with WellConnect Teens for students 13 and over to extend our reach even further.

WellConnect is available at no cost to you or your student (ages 13 and over) and includes:

- **Short-term online therapy**, allowing them to connect with a therapist via messaging or scheduled live chat, phone or video*
- **Digital tools** where they can explore self-paced mental health resources and find inspiration for daily life
- **Guided support line** if they aren't sure what they need or what's available
- **Student/life referrals** for things like support group suggestions, college/trade school information, resume tips and more

A student may utilize WellConnect to reduce stress, start feeling more like themselves, improve relationships or to achieve better balance at home, school and work. Whatever is on their minds, WellConnect is there to help.

Your student will hear more about WellConnect in the next couple of weeks as our district rolls out this new resource. We will be sharing additional information with parents and families during that time as well.



Reach out for no-cost-to-you, confidential services today!

- + online therapy
- + digital tools
- + student/life referrals

WellConnectTeens.com

Removing Hurdles to Break Barriers -- One Whole Child at a Time!