



**HELPme provides students, staff and families with THREE ways to get help:**

- **Basics Needs & Wellness Resources**
- **24/7 Crisis Support**
- **Two-Way Communication Channel with School**

**High quality online mental health and professional development services:**

- **Referral Tool**
- **Screenings & Assessments**
- **Short-Term or Ongoing Therapy**
- **Professional Development**

