



Child & adolescent mental health, the health crisis and online therapy

Young people thrive on stability and routine, yet they are experiencing change and uncertainty. School closures, anxiety in the family, lack of social time with friends, and concerns about illness can cause increased stress in those who may lack coping skills to manage their emotions.

Signs of stress in children can take many forms:

- Mood swings
- Acting out or defiance
- Sleep disturbances, nightmares or bedwetting
- Stomach aches and headaches
- Lack of concentration
- Isolation or withdrawal

Our high-quality, evidence-based **Partial Hospitalization Program (PHP)** and **Intensive Outpatient Program (IOP)** are now available online. Participation is safe, secure and simple. Mental healthcare is essential healthcare.

Call or visit our website for details.

WE ALSO TREAT:

- Attention and hyperactivity challenges
- Trauma and adjustment issues
- Substance use concerns
- Poor self-esteem

HOW DOES ONLINE THERAPY WORK?

Online therapy starts with a virtual or in-person initial assessment to discuss your symptoms and a care plan.

Participation requires an internet connection, computer, tablet or smartphone, a webcam and microphone, and a valid email address.

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