

Online Mental Health Services for Children and Youth Experiencing Homelessness

While it is understandable that children experiencing homelessness may feel anxiety, stress, anger, or depression, having time with a mental health professional can greatly improve the child's well-being.

Through The Bridge Project in PA, your child can have free, private, online access to mental health services.

- Provided by qualified, dependable, and caring therapists.
- Individual and family sessions are available when applicable.
- There is no cost to participate.
  No health insurance is necessary.
- Assistance accessing appointments when necessary.
- Support and guidance offered to help every student reach their potential.

The Bridge Project in PA liaison in your school will walk you through every step of the process.

**Note:** If your child is in immediate distress and requires crisis resources, **please call or text 988** for direct links for crisis support.

## Who is Eligible

McKinney-Vento-eligible children and youth in grades K-12 in Pennsylvania are eligible to participate.

## **How to Access Services**

- Ask The Bridge Project in PA liaison at your school to participate. The liaison will make a referral to the service provider if the student is eligible to receive services.
- After your liaison verifies eligibility, your school will help complete any necessary information to access services.
- A secure online link will be provided to access appointments. Schools will work with students to attend appointments during the school day and provide confidential spaces and a device to connect if needed.

The Bridge Project in PA is part of Pennsylvania's American Rescue Plan Homeless Children and Youth (ARP-HCY) Program and is available for a limited time.

Find The Bridge Project in PA liaison in your school to ask about participating.



Scan QR code or go to <u>bit.ly/TBP-Directory</u> to access homeless liaison directory.



