

# TELEHEALTH SERVICES



## ONLINE SERVICES

- ✓ Individual Therapy
- ✓ Family Therapy

Starr Behavioral Health works closely with insurance companies and grantees to ensure access for as many families as possible, regardless of your healthcare situation. We encourage any potential client to inquire with our team about what is available to them before scheduling an appointment.

To learn more about Starr and how we can help you, your child, or family visit [starr.org](http://starr.org).

Starr Behavioral Health is here to help teachers, parents, or children who are struggling with our current reality. With a simple call, you will be connected with a well-trained licensed therapist to help you navigate this difficult time. Our therapist will help you process the range of emotions associated with our environment, grief and loss, and finding a new normal.

### 1 HOW TO GET STARTED

Email [grayd@starr.org](mailto:grayd@starr.org) or call 248-308-4591.

### 2 TIMELINE

Once you call or email, our staff will respond to you within 24 business hours. An email address will be needed to send you the consent that you can sign virtually through a secure platform. You will then be connected with a therapist who will reach out to you within 24 hours of a signed consent.

### 3 SESSIONS

We serve children from infant through adolescent, and adult teachers and parents. We schedule around YOU – times convenient for you, to ensure you have a safe and private space to talk and process. Sessions are typically 45 minutes, and once a week, though this can be more or less frequent depending on your need.

Participation is voluntary. Choice and safety are a trauma-informed care priority. Our on-line process is secure, HIPAA compliant, and ensures the safety and health of you and our staff.