



## FAQ's – School Day Appointments

Why should I accept a mental health appointment during school hours for my child? I would rather wait until an after-school appointment becomes available.

- While we understand it can be daunting to miss academic time in school (or even missing a sport or club/activity), prioritizing mental health and wellness ensures that your child receives support sooner, rather than waiting. Your child can begin their therapeutic process towards healing and feeling better, learning and practicing coping skills and utilizing resources more quickly.
- By booking the first available appointment, this will allow you to be placed on our waitlist for after school appointments. Priority for after school spots is given to children who currently hold school-hour appointments.

Do schools allow students to leave mid-day?

- Yes! We have not encountered many situations where students are not permitted to leave their school day for an appointment, just like for a doctor's or dentist appointment! Our office will provide a note for your student's re-entry to the building, as well as all necessary documentation required by the school to allow for missing class time.

I don't want my child to miss certain classes or blocks at school. I am worried this will impact my child negatively. What can we do?

- In some cases, accommodations can be made through the school to rearrange schedules by moving gym classes, electives, study halls, etc. We recommend reaching out to the school guidance counselor directly if you would like to inquire about this. In some cases, this is not feasible for the school or student, and in these instances, our office will collaborate as much as possible with the school to coordinate care and help your child be successful both in therapy and at school.

Have other questions? Please reach out to our team and we will do our best to assist you and get your child started in therapy as soon as possible!