

School-Based Mental Health Services at Liberty High School

Hillary Cohen, MSW, LICSW

General Info about Hillary's role:

*School-based mental health services are *completely voluntary* for students, and they are of no cost to students and families

*School-based mental health treatment is meant to be shorter term therapy (i.e. around 5-6 sessions), but there is a potential for this to be flexible depending on each student's circumstances

*Hillary can help students find providers in the community if longer term therapy is needed

*Hillary can also provide students/families other resources in the area (i.e. psychiatrists, eating disorder clinics, etc.)

****Everything discussed in treatment is confidential between Hillary and the student (Per the Health Insurance Portability and Accountability Act – HIPAA).*** The exceptions to this are: if the student is a safety risk to him/herself or someone else, or if someone is hurting them in some way.

What to do if you are concerned about your child:

- Speak with their primary doctor about your concerns
- ***If you, your child, or someone else is in crisis, contact the SUICIDE PREVENTION LINE at 800-273-TALK (8255) or text HOME to 741741 (The Crisis Text Line)***

- ***Call 911 if you are in immediate danger, or go to the nearest emergency room***

Hillary's contact info:

- ISD email address: CohenH@issaquah.wednet.edu
- Swedish email address: hillary.cohen@swedish.org (*Please send any confidential information to this email address*)
- Office phone: (425) 837-4888



- If you feel that your child would benefit from school-based mental health services, either you or your child can reach out directly to Hillary – *See below for contact info.*

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