

Support that's there when you need it.



Have you ever wanted someone to talk to, but weren't sure who to turn to? Maybe there's something on your mind, but you can't discuss it with a friend, parent, or teacher?

Cartwheel is here for you.

We partner with your school so that students like you can talk to a therapist about whatever is on your mind.

How it works



If you'd like to meet with a Cartwheel therapist, speak with your parent/guardian and/or a school counselor or social worker and let them know!



If your school team believes that Cartwheel is the right fit for you, they will reach out to Cartwheel on your behalf.



Cartwheel will contact you or your parent/guardian via text message to get started.

When it might be helpful to talk to a therapist

- Have you been sad or mad a lot lately?
- Have you been eating more (or less) than usual?
- Have you been sleeping more (or less) than usual?
- Are your grades dropping, or are you struggling in school?
- Has it been hard for you to spend time with friends, or do activities you normally enjoy?
- Have you been feeling more stressed or nervous?
- Have you been feeling hopeless?
- Have there been lots of changes in your life recently? (Moving, changing schools, family situation)
- Has something difficult happened to you recently?

Some challenges Cartwheel can help you with:

Anxiety	Coping skills
Stress	Motivation
Depression	Family and relationships
Sadness	Anger
Grief or loss	Trauma
Low self-esteem	School avoidance
Self-harm	Social issues
Navigating identity	Sleep issues
Technology use	And more...



Want to learn more about talking to a Cartwheel Therapist?

Click or scan and ask a Parent/Guardian to fill out this form:



Questions? Please contact a member of your school's team or contact Cartwheel directly by calling/texting (617) 272-7439 or emailing office@cartwheelcare.org.

I looked into Cartwheel because I was going through stuff with my mom and I wanted to get better and be a better person, and my counselor introduced me to it.

And I think it's the best thing that ever happened to me. She has completely transformed my relationship with my mother."

—Student