



# No Obstacles to Well-Being (NOW!)

## Telemental Health Program

In partnership with Park Nicollet Child and Family Behavioral Health and three local school districts, the NOW! Telemental Health program provides no-fee school-based mental health services, via secure video technology, to students struggling with a variety of mental health concerns.



Supported entirely by philanthropy, the program is available in three high-need school districts: Burnsville, Richfield, and St. Louis Park. NOW! counselors work collaboratively with school staff and parents to support children struggling with family changes, anxiety, depression, behavioral issues, and much more.

The program is designed to improve access to mental health care by eliminating barriers to care. Services are provided at no fee with virtual visits, eliminating barriers associated with transportation, affordability, language, time out of school, parents missing work, and mental health stigma. **NOW! changes the trajectory for students who are struggling in their lives, who would never have access to mental health care otherwise.**

## Alarming statistics

There is **1 child psychiatrist** for every **15,000 children** under 18

**1 in 5** youth and young adults live with a mental health condition

**Suicide** is the **second leading** cause of death for **children 10 to 14**

**7%** of students have seriously **considered suicide** in the past year

**Half** of all lifetime cases of mental health disorders begin by the **age of 14**

**58% of youth** in Minnesota with major depressive episodes in the last year **did not** receive treatment

**607**

hours of mental health therapy

**50**

students, aged 12-19, were provided care

### Participant gender

Female	<b>44%</b>
Male	<b>26%</b>
Non-Binary	<b>10%</b>

### Participant ethnicity

Hispanic/Latinx	<b>48%</b>
White	<b>20%</b>
African American	<b>20%</b>
Asian	<b>8%</b>
Multiracial	<b>4%</b>
Other	<b>4%</b>

To learn more about the impact of your support, visit: [parknicollet.com/impact](https://parknicollet.com/impact)