



# Healthy Minds

## Summer 2025 Mental Health Booster!

Healthy Minds is a brief individual therapy model designed to help children and adolescents increase their ability to manage stress and other emotions effectively.

This service is billable to insurance. Treatment includes 1 intake session and 8\* weeks of individual therapy. Healthy Minds is provided at Relate Counseling offices and partnering schools.

\*Amount of sessions are flexible

For general questions, please email our School Intake Team at: [schoolintake@relatemn.org](mailto:schoolintake@relatemn.org)

To get started with treatment, please complete our Healthy Minds consent form using this link:  
[Healthy Minds Consent](#)

Or use the QR code!



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