Feeling Stressed, Overwhelmed, or Anxious?

Life can get busy, and it's easy to put our own needs last. Taking time to care for your mental health is important— ***you matter!***

As a USD240 employee, you have access to professional counseling services to help you feel supported, balanced, and well.

Getting started is at no cost to you!

The district covers the first three counseling sessions. After that, services can continue through your insurance with any applicable co-pays.

Your conversations are completely confidential.

Counseling can be a safe space to:

- Talk through challenges
- Manage stress
- Process emotions
- Explore solutions

CONTACT FOR COUNSELING SERVICES

Simpson Counseling Services
(785) 787-3785

Live Well Therapy
(785) 404-3292