

Staff Helpline

The staff helpline is a place where staff can receive support, encouragement, and therapy tools! Fill out this referral form to speak with one of our caring MFT Trainee therapists! Sessions will range from 15-30 minutes.

Once you hit "submit", one of our MFT Trainee therapists will email you a brief informed consent, then they will reach out to you based on your availability you provided.

Your email address (_____) will be recorded when you submit this form. Not you? [Switch account](#)

* Required

What Brings You Here? *

- I just want to express my feelings without being judged
- I have negative thoughts
- I want to relax
- I want help connecting to therapy resources
- Other: _____

If you answered "I want help connecting to therapy resources" What have you done so far to get connected? *

- This is my first time reaching out
- Care Solace
- I made a request for therapy with my insurance
- Betterhelp.com or Talkspace.com
- I have asked for referrals, but no luck.
- Other: _____

Best Day to Reach You *

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Best Time to Reach You *

Your answer

Ageement and Consent: By clicking this box I am agreeing that the information on this form will be shared with the following individuals-Tim Crosby-ERICS School Psychologist, Supervising of: Mina Toor-MFT Trainee, Steven Maxam-MFT Trainee. Your personal information during these hotline google meets, calls, or chats will not be shared with anyone, except for the MFT Trainee who is working with you. The limits of confidentiality is relating to mandatory reporting of suspected child abuse and if you had thoughts of suicide. If you agree to this please ,check the box below: *

I agree to this consent