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As a parent, my children's health is my top priority. Two of my children have been participating in telehealth therapy sessions due to trauma and anxiety after witnessing domestic abuse in the household. I cannot say enough how telehealth has allowed my children to receive much needed therapy without disrupting their school schedule. In the US there is a mental health crisis with not enough access to mental health professionals. Opening telehealth therapy visits at schools would allow children to access these much needed sessions. Because of their therapy visits, my children are growing and thriving more every day.