



I want to understand my feelings because I matter

The I Matter program can connect you with a therapist for up to 6 free virtual counseling sessions (some in-person appointments available, too) that are completely confidential. Talking with someone can make you feel better. To start, click on "Youth" below to take a short survey. Be as honest as possible; your answers will help match you with the right therapist.

If you're 11 or younger, your parent or guardian must fill out the survey with you.

Parents, seeking support for your child is not a sign of failure –it's a sign of strength. Start with the survey below.

Parents

Youth

