

Streamind for Headache is founded by leading health psychologists from top Children's Hospitals nationwide. Streamind provides live video **cognitive behavioral therapy - headache (CBT-HA)** to youth. CBT is an evidence-based therapy that helps to **reduce headache frequency** and **improve functioning**.

CBT-HA Referral Criteria:

Children and adolescents experiencing **4+ headaches/month** impacting life or school functioning

School Referral Form:

www.streamindhealth.com/referrals



Tips for Recommending CBT-HA to Students & Families

1

DESCRIBE

Clearly describe Cognitive Behavioral Therapy - Headache (CBT-HA).

*"CBT-HA is a type of therapy that **teaches you skills** to learn to manage your headaches."*

2

EDUCATE

Emphasize the strong evidence base.

*"Research shows that children and adolescents who practice CBT-HA and use medications together **get better and get better faster** compared to kids who just use medications alone"*

3

RECOMMEND

Encourage families to consider CBT-HA.

"Based on how much headaches are affecting you, I recommend learning more about a CBT-HA. I'm going to share information with your parent/caregiver & place a referral."

*We also treat:
Abdominal Pain,
IBS, & More*