

What is Gaggle Therapy?



Gaggle Therapy is designed for districts looking to provide mental health support to their students and staff. We match individuals with licensed mental health providers for weekly teletherapy appointments, offering options for individual, group, and family sessions.

These sessions are designed to promote:

Personal Growth: Students and staff need a structured support system to navigate life's everyday challenges.

Academic Excellence: The academic pressures facing students are immense. Gaggle's behavioral coaching services equip students with strategies for time management, organization, and the skills to excel academically.

Emotional Well-Being: With rising mental health concerns, our licensed therapists provide a safe haven for students and staff to tackle emotional difficulties, stress, and resilience building.

Confidential and Accessible: Gaggle ensures individuals have prompt access to the help they require.

Supporting over 70 districts nationwide, Gaggle Therapy provides:



Accessibility

Gaggle has changed therapy from an elective support to an accessible resource. No matter where an individual is located, s/he can access critical mental health services.



Flexible scheduling

Individuals benefit immensely from the flexibility our therapists have in offering care on nights and weekends (as well as in-school sessions).



No out-of-pocket costs

Students and staff can participate in teletherapy sessions from home or at school with no out-of-pocket costs.

We deliver equitable, personalized, evidence-based therapy and coaching for students and staff. With a teletherapy approach that removes common barriers to mental health services.