



Permission for Student Counseling Support

Dear Parent/Guardian,

Cosgriff offers individual student counseling with our school-based mental health counselor, Jessica Mertlich, LCSW. Your consent as a parent or legal guardian is required before services can begin.

Counseling in the school setting is short-term and solution-focused. If longer-term counseling or services outside the scope of school support are needed, referrals to appropriate community or private providers can be offered. To build and maintain trust with students, counseling sessions are kept confidential, with the following important exceptions:

- With the student's permission, information may be shared with parents/guardians or school staff on a need-to-know basis to better support the student.
- If the student is at risk of harm to self or others, the counselor is required by law to share relevant information with parents/guardians or others to ensure safety.

These limits to confidentiality will be explained to the student, and the student will be informed whenever information is shared.

Parents/guardians are welcome to contact the school-based counselor at any time with questions, updates, concerns, or requests for progress information.

If you consent for your student to participate in these services, please complete, detach, and return the form below to your student's teacher or the school office.

Sincerely,

Jessica Mertlich, LCSW
J. E. Cosgriff Memorial Catholic School
jmertlich@cosgriff.org

I, _____ (Parent/Guardian), give permission for my student
_____ (Student's full name), to participate in the school counseling
program for the current (2025-2026) academic year.

Signature: _____

Date: _____