

A top-down view of a woman with dark hair, wearing a white top, sitting at a white desk and writing in a notebook. Her right hand is on the page, and a green sunburst graphic is superimposed over it. The desk is cluttered with various items: a grey tablet, a pen holder with pens, a spiral notebook with a green cover, a pink pencil case, and a light blue folder. The background is a light-colored wooden floor.

be. emotional health

be present. be engaged. be healthy.

Our Mission

Our mission is to support the emotional, academic, and developmental growth of children, teens, and families through compassionate, personalized care that bridges the gap between mental health and learning.



be. emotional health

Support for Students Who Need More Than One-Size-Fits-All Care

If you're noticing any of the following, it may be time to refer the student or patient to Be. Emotional Health for collaborative, socio-emotional support.

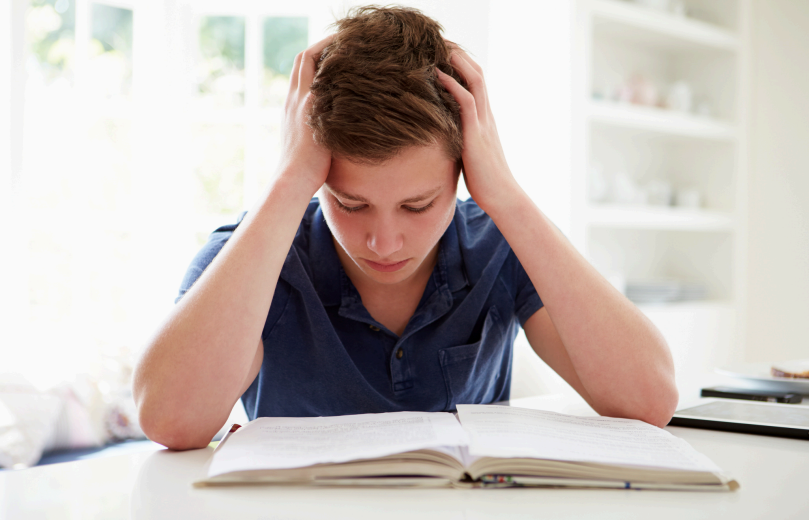
EMOTIONAL & BEHAVIORAL FLAGS

- Big emotions that feel hard to manage
- Withdrawal, anxiety, or mood changes
- Struggles with peer relationships
- Challenging behavior at school or home
- Recent trauma or major life stress
- Parent / caregiver expressing concerns



EXECUTIVE FUNCTION HURDLES

- Disorganized, forgetful, always playing catch-up
- Trouble starting or finishing tasks
- Frequent meltdowns over routines/transitions
- Always “behind” despite seeming capable
- Motivation or follow-through feels “off”
- Easily overwhelmed by instructions/expectations



ACADEMIC RED FLAGS

- Falling behind despite school-based help
- Gaps in reading, writing, or math basics
- Avoidance, refusal, or school-related distress
- Suspected or diagnosed learning differences
- Parent requesting outside academic support grounded in emotional understanding

COMMUNICATION CONCERNS

- Hard to understand or follow directions
- Difficulty expressing ideas clearly
- Speech sounds unclear past age norms
- Trouble with social cues or conversations
- Language delays or concerns flagged by caregivers



WHEN IT'S MORE THAN ONE THING

- Concerns span multiple areas—emotional, behavioral, academic, or speech—and don't seem to fit neatly into one category
- Current supports aren't working
- You sense something deeper is going on
- Always “behind” despite seeming capable
- Parents or staff feel stuck or overwhelmed

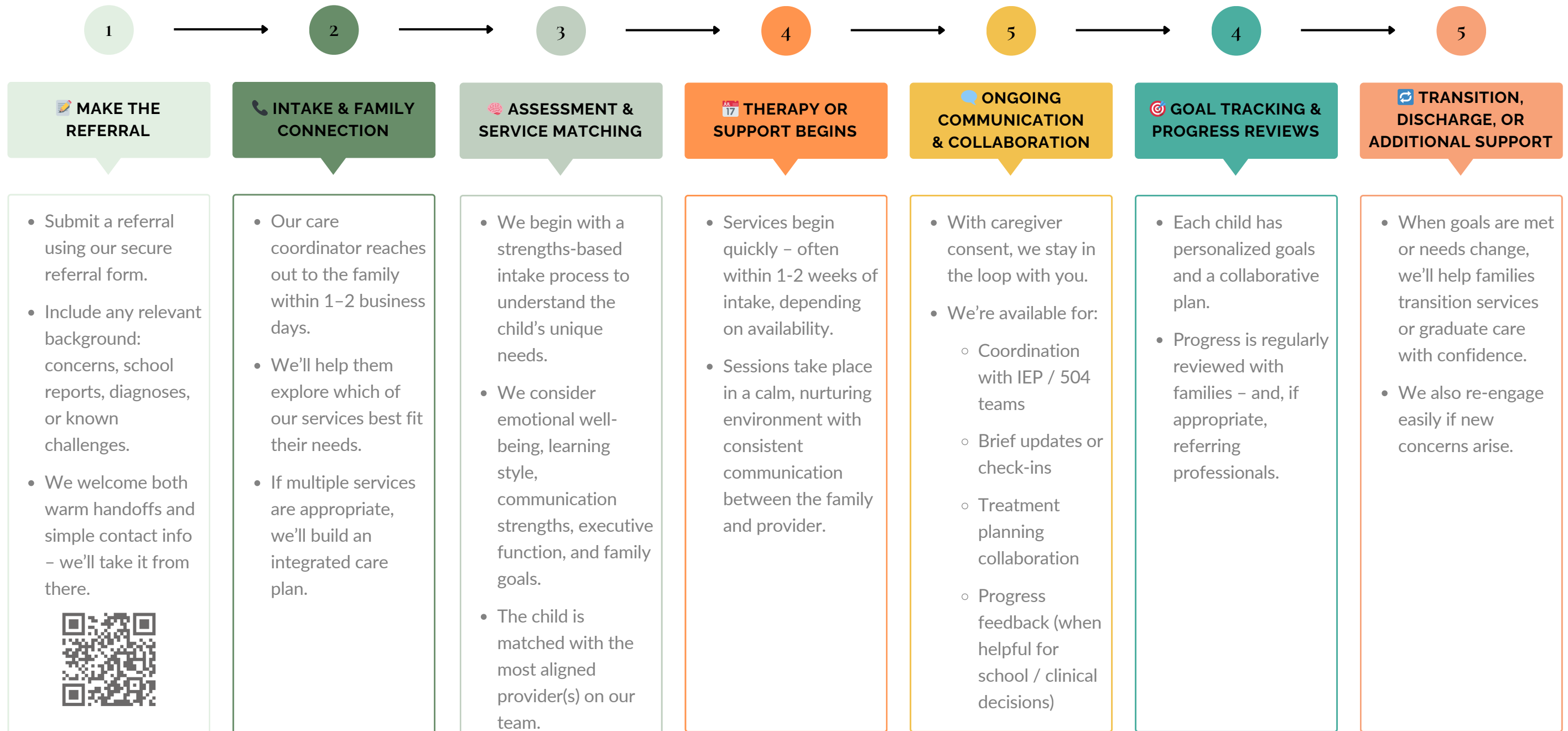


Let's Partner Up!

Be. Emotional Health blends therapy, coaching, tutoring, and speech services under one roof--centered on connection, collaboration, and emotional growth.

Referring to Be. Emotional Health: What to Expect

Your partner in student-centered, emotionally-attuned support.



Why Professionals Refer To Us

- Warm, timely communication
- Rooted in whole-child care – not just symptoms management
- Integrated support from a collaborative team of licensed therapists, executive function coaches, tutors, and speech-language pathologists.
- Family-friendly process and emotionally safe environment

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Let us know how we can support you, too.

Have questions?

Want to consult before referring?

We're happy to help.

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☎ (804) 206 - 9283

💻 beemotionalhealth.com

Getting Started at Be. Emotional Health

The Patient Journey



All potential new patients must complete the mandatory Pre-Intake Questionnaire. You can find the link to this form below.



Once our practice receives your questionnaire, we'll match you with the appropriate provider based on goals & needs. Then we'll reach out to you directly to schedule.



Once you receive your paperwork links via email, start by completing the age-appropriate registration forms in your SimplePractice Patient Portal.



If you have records you'd like our office to review from other offices or schools, complete an Authorization for the Release of Medical Records & PHI form.



Treatment planning begins as soon as you attend your first session with your provider in our practice. We can't wait to work with you!



Sample Communication Scripts for Referring Families

Introducing a Referral to Be. Emotional Health

We know it can sometimes feel challenging to bring up outside support with families. Below are sample scripts you can adapt to your own style when recommending Be. Emotional Health. These scripts are designed to help families feel reassured, supported, and hopeful.

GENERAL RECOMMENDATION SCRIPT

"I think your child would really benefit from additional support that goes beyond what we can do here. I recommend Be. Emotional Health because they look at the whole child—not just academics or emotions alone. Their team includes therapists, tutors, and speech-language specialists who work together, so your child gets care that feels connected and supportive. I've seen students and families feel a big difference when they have that kind of wraparound support."

ACADEMIC STRUGGLES + EMOTIONAL DISTRESS

"I can see how much stress school is causing right now. Sometimes when academics become overwhelming, it also impacts a child's confidence and emotional well-being. Be. Emotional Health is a practice I trust because they integrate tutoring, therapy, and speech support in one place. They help kids rebuild both skills and confidence, so families don't have to piece together care on their own."

BEHAVIORAL OR EMOTIONAL CONCERNS

"I know you've noticed the frustration and shutdown moments at home. That can feel discouraging. What I'd like to suggest is Be. Emotional Health. They specialize in helping kids who are bright and capable but stuck in cycles of stress or overwhelm. Their therapists and coaches focus on emotional regulation and skill-building, so your child gets support in a way that feels positive and empowering."

FOR OLDER STUDENTS / TEENS

"High school can be tough, and it's normal for students to feel pressure around grades, confidence, or the future. Be. Emotional Health offers therapy, executive function coaching, and even college admissions support. They help teens not only get back on track academically, but also feel more confident and prepared for what's ahead."

CLOSING + ENCOURAGEMENT SCRIPT

"Reaching out to Be. Emotional Health doesn't mean something is 'wrong' with your child—it means giving them tools, strategies, and a team that truly understands how emotional health and academic success work together. If you'd like, I can share their referral form and help get you connected."

Tips for Using These Scripts

- Adjust the language to fit your own voice and relationship with the family.
- Normalize help-seeking by framing support as skill-building, not "fixing."
- Pair the script with Be. Emotional Health's referral overview visual for added reassurance.



BE PRESENT. BE ENGAGED. BE HEALTHY.

Let's Be Partners

We believe the best outcomes happen when providers collaborate with care, curiosity, and trust. If you're supporting a child or family navigating emotional, academic, or developmental challenges, we'd be honored to be part of their care team. Let's connect to explore how we can work together to support your client's growth—in school, in therapy, and in life.

connect with us

