

Supporting Student Mental Health Starts Here

Dear Students & Families,
Our school cares deeply about the mental health and well-being of every student. Whether your child is feeling overwhelmed, dealing with life challenges, or simply needs someone to talk to, we're here to help.

Our team includes school counselors, mental health practitioners, and wellness staff who are trained to support students in a confidential and caring environment.



Mental Health Support is Available

Students may receive support for:

- Stress, anxiety, or depression
- Bullying, misgendering, or social challenges
- Family changes or loss
- Trouble focusing or adjusting at school
- Building healthy relationships
- Learning coping skills and emotional regulation



Services We Offer at School

- Individual and group counseling
- Crisis support
- Referrals to outside providers (when appropriate)
- Wellness check-ins and emotional skill-building



Help Us Prepare to Support Your Child

To make sure your child is prepared to receive services, we ask all families to provide basic insurance information and give consent to share it securely for school-based health and mental health services.

- **There is no cost** to your family and this will never affect your insurance or premiums.
- Completing the form does not obligate your child to receive services—it simply allows us to support them if needed.
- **Scan the QR code to complete the form**



SCAN ME

