



{INSERT SCHOOL NAME}'S MENTAL HEALTH SUPPORT TEAM

{Insert School Name}'s {insert who your school has: counselor, psychologist, psychiatrist or nurse}:

1. Are available to talk to families even if you are just little bit concerned about your child.
2. Help families figure out what your options are for getting mental health help for your child.
3. Keep a comprehensive list of local community resources that families can use.
4. Know what mental health services are free and which require insurance.
5. Provide mental health referrals for families.

All discussions with our school **{insert who your school has: counselor, psychologist, psychiatrist or nurse}** are confidential and free.

Have questions or think you may need help? Contact {INSERT SCHOOL NAME}'s mental health support team members directly.

OUR SCHOOL NURSE:

{if your school has a nurse, insert their name, school email and school phone number}

What they do:

- Treat students who become sick or injured during the school day.
- Give medication to students with health conditions.
- Implement care plans for students with physical and emotional disabilities.
- Manage students with mental health issues, behavioral problems, chronic illness, learning disabilities and other common conditions.
- Provide physical and emotional support to students, parents, teachers and administrators.

OUR SCHOOL COUNSELOR:

{if your school has a counselor, insert their name, school email and school phone number}

What they do:

- Help students manage emotions and apply interpersonal skills, apply academic achievement strategies, and, when relevant, plan for postsecondary options (higher education, military, work force).
- Provide short-term counseling to students and referrals for long-term support.



OUR SCHOOL PSYCHOLOGIST:

{if our school has a psychologist, insert their name, school email and school phone number}

What they do:

- Help students, families, educators, and community members understand and resolve both long-term, chronic problems and short-term issues that students may face.
- Assess student emotional and behavioral needs and work with students to improve their social, emotional and behavioral skills.
- Provide individual and group counseling and make referrals and connect families with mental health service providers in the community.

OUR SCHOOL SOCIAL WORKER:

{if your school has a social worker, insert their name, school email and school phone number}

What they do:

- Advocate for services that help students learn as effectively as possible.
- Offer crisis intervention, conflict resolution, and behavior management counseling to students.
- Assess students' behavior, learning ability, and social history, and provide individual, family or group therapy.
- Make referrals to community resources and other professionals and conduct home visits.

OUR SCHOOL/DISTRICT PSYCHIATRIST:

{if your school or district has a psychiatrist, insert their name, school email and school phone number}

What they do:

- Specialize in diagnosing and treating mental, emotional, and behavioral disorders in students.
- Prescribe and administer prescription medications.
- Counsel individual students, families and groups of students.
- Collaborate with an assortment of professionals and advocate for students.
- Help students learn how to solve problems, handle anger, overcome abuse and gain self-confidence.