



SCHOOL BEHAVIORAL HEALTH

**A HEALTHY MIND HELPS YOU
GROW! WE'VE GOT YOUR BACK!**

MEET YOUR BEHAVIORAL HEALTH STAFF!

WHAT WE DO

Behavioral health is how you think and feel about yourself and the world around you. School behavioral health staff work with students, families and school staff to create safe and supportive learning environments. We provide:

- Counseling services
- Help with problem solving
- Feelings and support groups
- Crisis intervention and response
- Stress management
- Grief support
- Links to community resources
- And more!

YOUR BEHAVIORAL HEALTH IS IMPORTANT!

Do you need help? Are you or a friend feeling stressed, sad or angry?

Do you have more questions?

Please reach out to:



● An adult you trust

