

# VIRTUAL "DROP-IN" MENTAL HEALTH SUPPORT FOR MHUSD STUDENTS

QUESTIONS?  
REACH OUT  
TO JULIE  
DURAN  
408-201-6065

WE ARE  
HERE TO  
HELP!



## PARENTS

ARE YOUR CHILDREN  
HAVING A DIFFICULT  
TIME EMOTIONALLY  
DURING COVID-19



## STUDENTS

DO YOU FEEL LIKE YOU  
NEED EMOTIONAL  
SUPPORT, NEED TO TALK  
TO SOMEONE, OR JUST  
FEELING "OFF"?



## TEACHERS AND ADMINISTRATORS

ARE YOU SEEING ANY OF YOUR  
STUDENTS STRUGGLING WITH  
ATTENTION, FOCUS OR EMOTION  
DURING DISTANCE LEARNING AND  
WANT TO DISCUSS OPTIONS WITH  
A MENTAL HEALTH PROVIDER?



## MOTIVATIONAL MONDAY

### Community Solutions

[https://zoom.us/j/8934718962?](https://zoom.us/j/8934718962?pwd=VmxTbW4vQXdGTlRuL056dC8xVXgyZz09)

[pwd=VmxTbW4vQXdGTlRuL056dC8xVXgyZz09](https://zoom.us/j/8934718962?pwd=VmxTbW4vQXdGTlRuL056dC8xVXgyZz09)

### Rebekah Children's Services

<https://meet.google.com/ery-dhnw-wkw>

1st Monday of every month 9:00 AM-10:00AM

## WELLNESS WEDNESDAYS

### Community Solutions

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### Rebekah Children's Services

<https://meet.google.com/nim-nwjj-kyx>

1st Wednesday of every month 1:00-2:00P PM

NOTE: all providers are mandated reporters and are required to follow all reporting bi-laws

## CONFIDENTIALITY

When you call or log onto the address you will be placed in the "waiting room", our care team maybe with someone at that point, please be patient until you are invited to join.

IF YOU ARE IN CRISIS AND CANNOT WAIT TO SPEAK TO A PROVIDER CALL COMMUNITY SOLUTIONS' COMMUNITY LINE 408-683-4118

