

# School Based Mental Health Services

**My name is Ms. Good-Hart. Ms. Casas and I are your School-Based Psychiatric Social Workers this year. Our primary responsibility is to promote and support mental health awareness and social emotional development for all students. Any student can request to meet with us or be referred by their teacher, administrator or parent.**



**Monica Casas, PSW**



**Linda Good-Hart, PSW**



**VERDUGO HILLS HIGH SCHOOL**

Some services we provide consist of:

- Short-term individual counseling
- Group counseling
- Social- emotional lessons
- Family/parenting sessions
- Parent workshops
- Crisis and Risk Management
- Collaboration with teachers and staff
- Case management support
- Linkage to mental health and community based agencies

*Please reach out if you need support!*

**PSW Digital Referral**



**Please complete this referral if you would like to schedule an appointment with me. I am available via phone or for videoconferencing by appointment.**