

# Mental Health

## FREE RESOURCES



### **MPCSD School Counselors**

Check out GOTO resources recommended by MPCSD School Counselors.

With the support of MPAEF, all MPCSD parents and caregivers can access three free counseling sessions for strength-based parental support and coaching. Sessions can help decrease power struggles, emotional overwhelm and stress at home, and improve parent/child communication. Easy to schedule and on-line.

- Just click on the link to the left
- Visit [star-vista.org/mpcsd](http://star-vista.org/mpcsd), call (650) 870-1503, or email [mpcsd.parents@star-vista.org](mailto:mpcsd.parents@star-vista.org).



**STAR VISTA**

**care solace**

Calming the Chaos of Mental Health Care.



With the support of the Sequoia Healthcare District, Peninsula Healthcare District, and SMCOE, Care Solace can assist individuals in finding local mental health related programs and counseling services. Click on the Care Solace link to get started.



SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities.

Click on the SafeSpace link and check out:

**POCKET GUIDE ON HOW TO HELP YOUR TEEN IN NEED**



### **Parent Education**



The Parent Venture provides education for parents, caregivers, students, educators, and community members. All presentations provide simultaneous Spanish interpretation.

Click and Learn

Welcome to the  
Menlo Park City School District  
Parent Education Speaker Series

**ParentVenture**