



MPCSD

District Website



MPCSD

Mental Health Resources



MENLO PARK-ATHERTON
EDUCATION
FOUNDATION

Menlo Park City School District

Mental Health and Wellness Support

MPCSD is committed to the Mental Health and well-being of its staff, students, and their families. Our responsibility is to help identify additional resources, to help with the next steps, and to align support for the individual and their family.

Experience

Anxiety



We all experience anxiety. For example, speaking in front of a group can make us anxious, but that anxiety also motivates us to prepare and practice. However, when feelings of intense fear and distress become overwhelming and prevent us from doing everyday activities, an anxiety disorder may be the cause.

Depression



Childhood depression is different from the normal “blues” and everyday emotions that children go through as they develop. Just because a child seems sad doesn’t necessarily mean they have significant depression. But if the sadness becomes persistent or interferes with normal social activities, interests, schoolwork, or family life, it may mean they have a depressive illness. Keep in mind that while depression is a serious illness, it is also a treatable one.

Eating Disorder



There is a commonly held misconception that eating disorders are a lifestyle choice. Eating disorders are actually serious and often fatal illnesses that are associated with severe disturbances in people’s eating behaviors and related thoughts and emotions. Preoccupations with food, body weight, and shape may also signal an eating disorder.

Grief



Each and every person is unique in the way that they handle grief and loss. Each student will be affected differently depending on his or her developmental level, cultural beliefs, personal characteristics, family situation, and previous experiences.

Self-Injurious Behaviors



We all have ways of dealing with overwhelming negative feelings like stress, pressure, and even numbness. If someone deliberately hurts their own body as a way of dealing with their own negative emotions, they are engaging in non-suicidal self-injury, which is sometimes called “self-harm,” or simply “self-injury.”

Suicide Prevention



The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.