

How can school support my child's mental health?

The **FCUSD Student Wellness Team** is a dedicated group of mental health professionals who offer short-term counseling services (6-8 sessions) focused on skill-building and make referrals if further support is needed.

Getting Started

For elementary students, please contact your child's teacher or the school office.

For middle and high school students, please contact your child's assigned academic counselor. Direct links to each secondary school's Counseling page can be found at:
fcusd.org/family-community/wellness.



Folsom Cordova Unified School District

1965 Birkmont Drive
Rancho Cordova, CA 95742

Strategic Initiatives & Support Services

Director: Kate Hazarian, MSW, PCC
fcusd.org/family-community/wellness
916-294-9000 x103440 or x103445

Mental Health Support Inquiry

via



WeTiP

844-916-2062

Free 24/7/365 Mental Health Care Coordination Service

care/solace

888-515-0595
caresolace.com/fcusd

FOR IMMEDIATE HELP

If you, your child, or someone you know has thoughts of suicide, call or text the Suicide & Crisis Lifeline at **988** or chat at **988lifeline.org**.
In life-threatening situations, call **911**.

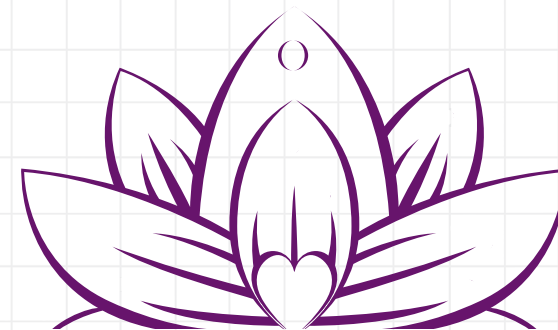
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Folsom Cordova Unified School District

Mental Health & Wellness

Info, resources,
& more



How you can support yourself and your family

Encourage communication, listen with empathy, validate their feelings

Encourage independence & personal responsibility

Promote healthy friendships

Nutrition, daily exercise, adequate sleep (see chart below)

Limit time on screens, especially social media

Get professional support if needed

Age Range	Daily Sleep Needed*
3-5 years	10-13 hours
6-13 years	9-12 hours
14-18 years	8-10 hours

*Remove access to technology at bedtime for uninterrupted sleep.

When does counseling help?

Younger children (preschool-5th)

- Experiences frequent tantrums/irritability
- Often appears fearful or worried
- Frequently complains of stomach aches or headaches with no medical cause
- Is always in motion or unable to sit quietly
- Sleeps too much or too little or has regular nightmares
- Shows no interest in playing/making friends
- Experiences sudden decline in academics

Older children (6th-12th)

- Appears overly tense, nervous, or self-conscious
- Experiences a panic attack
- Loses interest in things they used to enjoy
- Exhibits persistently low energy
- Sleeps too much or too little or is sleepy all day
- Experiences periods of very high energy or activity with much less sleep than usual
- Spends increasing time alone to avoid socializing with friends or family
- Diets or exercises excessively, or fears weight gain
- Engages in self-harm behaviors, like cutting
- Uses tobacco, alcohol, or other drugs
- Engages in risky or destructive behavior
- Expresses thoughts of suicide
- Believes someone is controlling their mind or hears things others cannot

Building Transformative Social & Emotional Learning (tSEL) Skills

A strong sense of **identity** helps students understand who they are and their role in the world, fostering resilience and positive growth.

Agency empowers them to make choices and take actions that drive personal growth and positive outcomes.

Belonging creates a sense of acceptance and inclusion, which is essential for motivation, well-being, and achievement.

Collaborative problem-solving involves working together to find solutions by sharing knowledge, skills, and efforts.

Curiosity drives the pursuit of knowledge, ongoing engagement and openness to new perspectives.

Virtual Wellness Space

fcusd.org/family-community/wellness/vws



Free apps, videos, articles, & more to help calm down, cheer up, and everything in between!