Daybreak Health

Mental Health Matters

FOR FAMILIES

Virtual Therapy for Students 10+

Daybreak Health partners with school districts to provide students and families with access to virtual therapy with qualified clinicians.

When kids are mentally healthy, they can think clearly, pay better attention, and learn new skills. That's why we have partnered with Daybreak Health, a school-based mental health company, to provide teletherapy to our students. Students are matched with qualified clinicians who can help them with issues such anxiety, depression, attention & focus, relationships, stress, and more.

You can submit a Care Request here or by scanning the QR code below.

Therapy session content will remain confidential. Appointments are available Monday - Saturday 8am - 8pm. Daybreak's teletherapy programs are available at little to no cost depending on your insurance plan and your school district's partnership.

For more information or to speak with a Care Coordinator email carecoordinator@daybreakhealth.com or call 415-992-6155.

Daybreak Can Help With:

Anxiety, Depression, Grief, Trauma, Stress, Anger Management, Mild Eating Disorders, Attendance Issues, Challenges with Friends or Relationships, Academic Struggles, and more

Sign your child up for our teletherapy program

Scan the QR code to submit a care request for your child.