

MENTAL HEALTH & WELLNESS BULLETIN



SEPTEMBER 2025

Mental Health & Wellness Mission

NLMUSD Mental Health and Wellness Team is committed to providing world-class support for students, staff, and families in our district. Together we collaborate, communicate, and strengthen individuals. We cultivate a climate embedded in respect, kindness, and empowerment to emphasize individuality and overall well-being.

Ways We Support

- 1:1 Mental Health Services for Students
- Small Group Therapy for Students
- Mental Health & Wellness Classroom lessons for Students
- School-wide Activities
- Parent Trainings
- Staff Trainings
- Case Management



Resources

Virtual Calming Room



Mental Health & Wellness



Upcoming Parent Training: Suicide Prevention

Learn about how you can help prevent youth suicide and the resources available in our district and community.

Virtual- Zoom

9/10/25 @ 2:00pm - 2:40pm	Meeting ID: 832 890 8858
9/12/25 @ 8:35am - 9:15am	Meeting ID: 896 9231 4129
9/15/25 @ 6:00pm - 6:40pm	Meeting ID: 835 3092 0182
9/17/25 @ 9:00am - 9:40am	Meeting ID: 818 6758 3291
9/17/25 @ 6:00pm - 6:40pm	Meeting ID: 821 2534 1343
9/30/25 @ 9:00am - 9:40am	Meeting ID: 898 7665 8814
9/30/25 @ 2:30pm - 3:10pm	Meeting ID: 898 7665 8814

To Participate:

1. Go to www.zoom.us
2. Enter the Meeting ID
3. Passcode: NLMUSD
4. Click Join

In-Person

9/10/25 @ 8:35am - 9:35am	Corvallis MS
9/12/25 @ 10:00am - 11:00am	John Glenn HS
9/12/25 @ 8:35am - 9:35am	Norwalk HS
9/17/25 @ 9:00am - 10:00am	La Mirada HS
9/17/25 @ 2:30pm - 3:30pm	La Mirada HS
9/18/25 @ 9:00am - 10:00am	El Camino HS
9/24/25 @ 9:00am - 10:00am	Benton MS
9/24/25 @ 9:00am - 10:00am	Hutchinson MS
9/24/25 @ 8:45am - 9:45am	Waite MS
9/30/25 @ 9:00am - 10:00am	Los Alisos MS
9/30/24 @ 2:30pm - 3:30pm	Los Alisos MS

How to Contact Us

mentalhealth@nlmusd.k12.ca.us
Julianna Taillon (562) 210-3630 (English)
Tyra Torian (562) 210-2029 (English)
Blessy Giron (562) 210-2326 (Spanish)
Denise Rizo (562) 210-2327 (Spanish)

SALUD MENTAL Y BIENESTAR BOLETÍN



SEPTIEMBRE 2025

Mental Health & Wellness Mission

El equipo de bienestar y salud mental de NLMUSD está comprometido a brindar apoyo de clase mundial a los estudiantes, el personal y las familias de nuestro distrito. Juntos colaboramos, nos comunicamos y fortalecemos a las personas. Cultivamos un clima basado en el respeto, la amabilidad y el empoderamiento para enfatizar la individualidad y el bienestar general.

Como Apoyamos

- Servicios de salud mental 1:1 para Estudiantes
- Terapia de grupos pequeños para Estudiantes
- Actividades para toda la escuela
- Talleres para padres
- Talleres del personal
- Gestión de casos

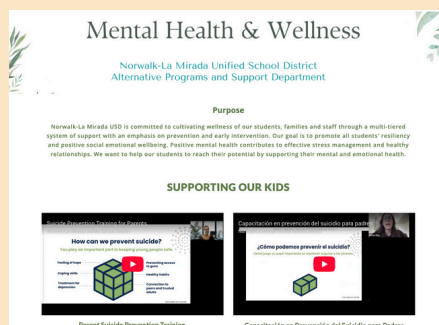


Recursos

Sala de Calma Virtual



Salud Mental y Bienestar



Próximo Taller para Padres: Prevención del Suicidio

Aprenda cómo puede ayudar a prevenir el suicidio juvenil y los recursos disponibles en nuestro distrito y comunidad.

Virtual- Zoom

9/12/25 @ 8:35am - 9:15am Meeting ID: 896 9231 4129
9/15/25 @ 6:00pm - 6:40pm Meeting ID: 898 7665 8814
9/23/25 @ 9:00am - 9:40am Meeting ID: 851 5344 4177
9/23/25 @ 6:00pm - 6:40pm Meeting ID: 851 5344 4177

In-Person

9/12/25 @ 8:35am - 9:35am Norwalk HS
9/18/25 @ 9:00am - 10:00am El Camino HS
9/24/25 @ 8:45am - 9:45am Waite MS

Para Participar:

1. Vaya a Zoom.us
2. Únase usando el código "Meeting ID" de la reunión.
3. Passcode NLMUSD
4. Haga clic en "Join"

Como Contactarnos

mentalhealth@nlmusd.k12.ca.us
Julianna Taillon (562) 210-3630 (Inglés)
Tyra Torian (562) 210-2029 (Inglés)
Blessy Giron (562) 210-2326 (Spanish)
Denise Rizo 562) 210-2327 (Spanish)