



Chula Vista Elementary School District

Family Guide to Mental Health and Wellness

What Every CVESD Family Needs to Know

CVESD & COMMUNITY SUPPORTS

Family Resource Centers: Connect with essential services like food, clothing, public assistance, and counseling.

Parent Implementation Program (PIP): For families with children ages 3–5 experiencing behavioral challenges. Offers positive parenting strategies and support.

School Social Workers/Counselors: Every CVESD school has a dedicated professional to provide social-emotional learning and counseling services.

Military Family Life Counselors (MFLC): Available at over 10 CVESD schools. All military families can access support, regardless of school site.

COMMUNITY COUNSELING, PARENTING SUPPORT, CASE MANAGEMENT

- [SBCS](#) – MediCal
- [Nueva Vista](#) – MediCal
- [Para Las Familias](#) – Trauma-Focused
- [Chadwick Center](#) – Trauma-Focused
- [Elizabeth Hospice](#) – Grief and Loss
- [YMCA Kinship](#) – Relative Caregivers
- [Family Forces](#) – Military Families
- [South Bay Youth Center](#) – LGBTQ Youth
- [San Diego State University CCCE](#) – Low Cost
- [211 San Diego](#) – Connect to Various Resources
- [Harmony Family Toolkits](#) – Back-to-School Guide

URGENT SUPPORTS

Access warmlines, hotlines, and apps to support you and your children during challenging moments.

National Parent Helpline

855-427-2736 (24/7)

Call, text, or chat to engage with a trained advocate who can listen to you, offer emotional support, and build on your parenting strengths.

Crisis Text Line

Text TALK to 741-741 (24/7)

Text with a trained counselor for free.



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Suicide and Crisis Line (Mobile Crisis Response Team - MCRT)

988 (24/7)

If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.

National Domestic Violence Hotline

1-800-799-7233 or Text LOVEIS to 22522 (24/7)

Call, chat, or text for free confidential support with a live advocate.

FREE BEHAVIORAL HEALTH APPS

FOR PARENTS OF CHILDREN AGES 0-12

BrightLife Kids gives you and your child the emotional and behavioral support your kids need to succeed through live video sessions and secure chats with a behavioral health coach and on-demand digital resources.



FOR MIDDLE AND HIGH SCHOOL TEENS

Soluna provides a space that helps youth figure out their feelings and supports them by providing a behavioral health coach to address common challenges, such as managing anxiety or coping with academic stress.



ONLINE RESOURCES

[Family Guide to Supporting Young People's Mental Health and Well-Being](#)

[Tips for Parents & Caregivers of Elementary-Aged Children](#)

[Parent Guidance & Coaching](#)

[Young Person's Guide to Wellness](#)