



HIGHLAND PARK
INDEPENDENT SCHOOL DISTRICT



Daybreak Health

When kids feel better, they do better.

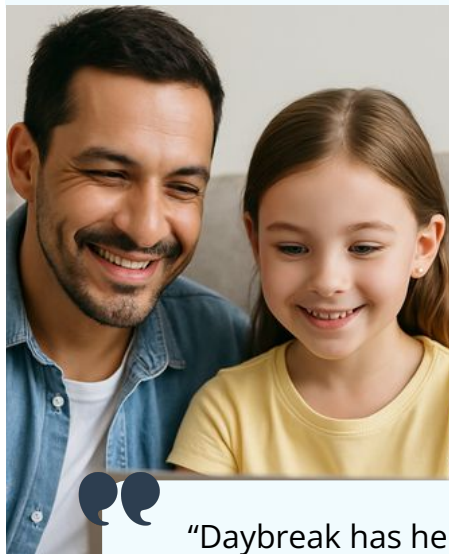
Helping kids build confidence, resilience, and emotional wellbeing.

Trusted Online Family Therapy That Helps Kids Thrive

Daybreak offers family teletherapy for children ages 5-12 - helping families strengthen communication, confidence, and connection at home and school.

Trusted by over 100 school districts nationwide, Daybreak provides **caring, confidential mental health support designed** to help kids grow emotionally and do better every day.

Skip the waitlist - sign up for family therapy with Daybreak today.



How we Work Together

Just like physical health, your emotional health matters too.



Parents and kids meet with a licensed therapist together



Parents get coaching and easy, practical tools to try at home, and students benefit from play therapy each session



Families practice new skills to strengthen connection and communication together



"Daybreak has helped me understand my child - being able to understand each other was crucial to building a healthy relationship." - Daybreak Elementary Parent

You're there for your child. But you don't have to do it alone.



Request care for your child

Why Families Choose Daybreak

- Strengthens family connection and routines
- Builds emotional and coping skills for kids
- Helps reduce stress and big feelings at home

Services are billed to insurance, with both commercial coverage and Medicaid accepted.



Sessions available 8 AM - 8 PM, Monday through Saturday



Scan to get started.



For more information visit daybreakhealth.com



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When kids feel better, they do better.

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Trusted Online Therapy for Students Ages 10–19

Daybreak offers **individual teletherapy for students ages 10–19** - helping teens manage stress, build confidence, and strengthen emotional wellbeing at home and school.

Trusted by hundreds of school districts nationwide, Daybreak provides **caring, confidential mental health support** designed to help teens feel better, focus more, and thrive every day.

Skip the waitlist - enroll your teen in online therapy with Daybreak today.



How Daybreak can Help

Private online therapy for kids and teens ages 10+, designed to help them manage stress, emotions, and life's challenges.



Skip the waitlist: Get matched with a therapist in weeks, not months



Convenient & confidential: Sessions from home or school



Proven results: Better focus, attendance, and confidence



"Daybreak really helped my teen through a time of tough transitions. I appreciated the communication with me as a parent, but also the space for my teen to have confidential conversations with someone who wasn't her parent!" - Daybreak Parent

You're there for your child. But you don't have to do it alone.



Request care for your child

Why Families Choose Daybreak

- Builds emotional regulation and healthy coping skills
- Helps reduce stress and anxiety while boosting confidence
- Convenient, confidential online sessions from home or school

Services are billed to insurance, with both commercial coverage and Medicaid accepted.



Sessions available 8 AM – 8 PM, Monday through Saturday



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