

Support your child's emotional well-being—at no cost to you.



California public schools – including K–12 districts, colleges, and universities – offer FREE behavioral health services to students and families—at no cost to you and your family. These supports are safe, confidential, and available on campus or through school-based programs.



What is behavioral health care?

Behavioral health care includes support for mental health and substance use disorders. Students and their families can get help for:

- » Stress, anxiety, or depression
- » Emotional struggles
- » Substance use or addiction
- » General mental wellness



How does it work?

Many schools already provide mental health services. A new state program – the Children and Youth Behavioral Health Initiative (CYBHI) Fee Schedule program – helps schools get reimbursed through health insurance programs for providing these services to students 0-25 years old, regardless of whether you have Medi-Cal, commercial health care, or disability insurance.



Will this affect my coverage or cost me anything?

No. These services are provided at no additional cost to families.

- » You will **not** be billed.
- » You will **never** be charged a co-pay or deductible.
- » Your coverage will **not** be affected.



What do I need to do?

If your child is under 18, attends a California public school, and receives behavioral health services at school, you may be asked to:

- » Sign a consent form
- » Update your child’s health insurance information, such as:
 - A copy of their insurance card, and/or
 - The name of their health plan, policy number, and your name (if you’re the policyholder).

If you are 18 – 25 years old you may qualify for these services, too.



Is my information safe?

Yes. Your privacy is protected.

Your insurance information will only be used to help the school receive payment for services.

You and your child have legal rights to confidentiality and protection under both California and federal law.



Every student deserves access to care.

Let’s work together to improve the wellness of children and youth in California.

If you need help or have questions, ask your school administrator, visit www.dhcs.ca.gov/CYBHI, or email DHCS.SBS@dhcs.ca.gov.

Need health insurance coverage?

You may qualify for Medi-Cal. Scan the QR code or visit my.medi-cal.ca.gov to get covered today.

