



Mental health support you can trust

Flexible, confidential care—built for schools, students, and families.



Our district is proud to partner with Daybreak Health

Daybreak provides confidential online mental health support for students ages 5–19.

Sessions focus on building coping skills, confidence, and connection at home and school.

- Qualified clinicians matched to each student
- Sessions in English or Spanish
- Appointments available Mon–Sat, 8am–8pm
- HIPAA & FERPA compliant

How it works

Match

Students are paired with a clinician who fits their needs and preferences.

Meet

Online sessions offer personalized support in a confidential setting.

Grow

Kids learn tools to manage emotions, stress, and behavior.

Proven outcomes – improving well-being, focus, and confidence

80% of school staff report **improvements in grades, attendance, and behavior**

92% of families see **improvements at home**

90% of students say we **match them with the right clinician** on the first try

Clear Coverage. No Surprises.

Care is low to no cost for most families, depending on your district's coverage and insurance plan.

Submit a care request to see if you qualify.

[View a full list of in-network insurance plans.](#)

Request care in minutes.

As a parent, you can request care for your child directly and get started in as little as 2 weeks.

[Submit a Care Request](#)

<https://care.daybreakhealth.com/patient/login>

