YOUR CHILD'S MENTAL HEALTH MATTERS

HEALTHY MINDS BRIGHTER FUTURES

At our school, we are committed to supporting your child's social, emotional, and mental well-being

WHAT IS SCHOOL-BASED MENTAL HEATH SUPPORT?

Our school offers mental health support through counseling and other services to help students feel safe, supported, and ready to learn.

RESOURCES

Daybreak Health (Teletherapy at home)
See your school counselor for a referral.

School Counselor: _____

School Psychologist: _____

School Based Counseling Services
(For those with Medi-Cal or private health coverage)
See your school counselor for a referral.

Care Solace: (888) 515-0595
A free resource that can help you find mental health support.

Behavioral Health Virtual Service:

BrigthtLife Kids
(0–12 yrs. old)

IMPORTANT REMINDERS

- Services are confidential and supportive.
- You will be notified if your child is referred for additional support.
- You can always reach out to your child's school for more information or resources.

HOW CAN MY CHILD BENEFIT?

- Builds healthy coping skills
- Improves focus and learning
- Supports positive relationships
- Helps manage stress and big feelings
- Encourages confidence and self-esteem



HOW CAN YOU SUPPORT YOUR CHILD?

- Talk to your child about their feelings.
- Encourage them to ask for help.
- Keep in touch with your child's school.
- Make sure they get enough sleep, healthy food, and exercise.

TOGETHER WE CAN MAKE A DIFFERENCE

When children feel supported at school and at home, they are more likely to be healthy, happy, and successful.



Healthy Students, Strong Communities!

LONG BEACH UNIFIED • SCHOOL • DISTRICT

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