

HOW CAN I ACCESS MENTAL HEALTH SERVICES, FOR THE STUDENT AND PARENTS/CAREGIVERS?

Reaching and teaching the whole child to ensure that all students are healthy, safe, engaged, challenged, and supported is the goal. Attending to the mental health needs of our students is one way we can ensure the safety of our students and support them in achieving their educational and personal goals.



Tulare County
Office of Education
Tim A. Hire, County Superintendent of Schools

CAMPUS SUPPORTS: WHO DO I ASK FOR?

SPECIAL SERVICES DISTRICT CONTACT:

SOCIAL EMOTIONAL WELLNESS
SCHOOL CONTACT:

SCHOOL PSYCHOLOGIST CONTACT:

PBIS DISTRICT LEAD CONTACT:

SOCIAL WORKER CONTACT:

COMMUNITY SUPPORTS:

- Mental Health Clinical Services - Tulare County HHSa | tchhsa.org
 - Community Warm Line | 1 (887) 306-2413
 - Mental Health Crisis Line Tchhsa | 1 (800) 320-1616
- Youth Counseling — 2-1-1 Tulare County | 211tularecounty.org
- Private Counseling | psychologytoday.com

SCHOOL-WIDE SUPPORTS:

- District |
- School psychologists, counselors, mental health professionals, and nurses available through every school site. These trained professionals are available for all students through self-, peer-, staff-, or parent-referral.
- Early Intervention/Prevention supports to Social Emotional Wellness for every grade level
- Social skills groups led by trained staff exist around a number of social-emotional issues including loss and grief, eating disorders, suicide prevention and living with divorce.
- Campus clubs
- Peer counselors are also available to support students who are experiencing social or life stressors.
- Curriculum around social-emotional wellness available
- Staff may refer students who are exhibiting signs that they are struggling emotionally for further psychological evaluation by outside mental health services. This is often done in collaboration with a student's family.
- Special guest speakers are regularly featured at school around issues of self-respect and respect to others, suicide and substance abuse and other social-emotional topics.
- Positive Behavior Intervention & Supports school-wide systems implemented
- PBIS | pbisworld.com | pbis.org
- Suicide Prevention | suicideispreventable.org
- California Department of Education | cde.ca.gov

SPECIAL SERVICES SUPPORTS:

- District Contact: Director of Special Education-
- School psychologists, counselors, mental health professionals, and nurses available through every school site. These trained professionals are available for all students through self-, peer-, staff-, or parent-referral.
- Behavioral Health Services - Tulare County Office of Education | tcoe.org/Special/BehavioralHealth
- Professional Development Calendar - Tulare County Office of Education | tcoe.org

RESOURCES:

- tchhsa.org
- tcoe.org
- namitularecounty.org
- eachmindmatters.org
- sandyhookpromise.org

HOW:

WANT TO KNOW HOW TO HELP A FRIEND?

GETTING THE RIGHT START

➔ (Click to view)



www.sandyhookpromise.org/prevention_programs

MENTAL HEALTH FACTS: CHILDREN & TEENS



FACT:

1 IN 5 CHILDREN AGES
13-18 HAVE, OR WILL HAVE
A SERIOUS MENTAL DISORDER.



20% OF YOUTH
AGES 13-18 LIVE
WITH A MENTAL
HEALTH CONDITION



11% OF YOUTH
HAVE A MOOD
DISORDER



10% OF YOUTH
HAVE A BEHAVIOR
OR MISCONDUCT
DISORDER



8% OF YOUTH
HAVE AN
ANXIETY
DISORDER

WARNING SIGNS:



1. FEELING VERY SAD OR WITHDRAWN FOR MORE THAN TWO WEEKS
2. SERIOUSLY TRYING TO HARM OR KILL ONESELF OR MAKING PLANS TO DO SO
3. SEVERE OUT-OF-CONTROL, RISK-TAKING BEHAVIORS
4. SUDDEN, OVERWHELMING FEAR FOR NO REASON
5. NOT EATING, THROWING UP OR USING LAXATIVES TO LOSE WEIGHT; SIGNIFICANT WEIGHT LOSS OR WEIGHT GAIN
6. SEEING, HEARING OR BELIEVING THINGS THAT ARE NOT REAL
7. REPEATEDLY USING DRUGS OR ALCOHOL
8. DRASTIC CHANGES IN MOOD, BEHAVIOR, PERSONALITY OR SLEEPING HABITS
9. EXTREME DIFFICULTY IN CONCENTRATING OR STAYING STILL
10. INTENSE WORRIES OR FEARS THAT GET IN THE WAY OF DAILY ACTIVITIES

4 THINGS PARENTS CAN DO:



TALK WITH YOUR
PEDIATRICIAN



GET A REFERRAL
TO A MENTAL
HEALTH
SPECIALIST



WORK WITH THE
SCHOOL



CONNECT WITH
OTHER FAMILIES