

# SCHOOL-BASED COUNSELING

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You can refer students to an on-site licensed mental health therapist using the contact information below or by contacting the school counselor.

## LOOK FOR THESE SIGNS

- Isolated
- Low motivation
- Sudden changes in behavior/dress/friendships, eating and sleeping habits
- Anger, irritability, outbursts or irrational behavior that is out of character
- Sudden drop in grades
- Evidence of self-harm or suicidal comments
- Impulsivity
- Sadness that does not seem to go away
- High level of fear/worry/anxiety that go beyond what is typical for their developmental age
- Increased negative behaviors
- Poor hygiene
- Chronic peer/social conflicts
- Vomiting unrelated to illness
- Difficulty with concentration and attention, problems with short term memory



**Good mental health is a  
*state of balance*  
in our thoughts, emotions, and behaviors**

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For more information or to make a referral, please contact:

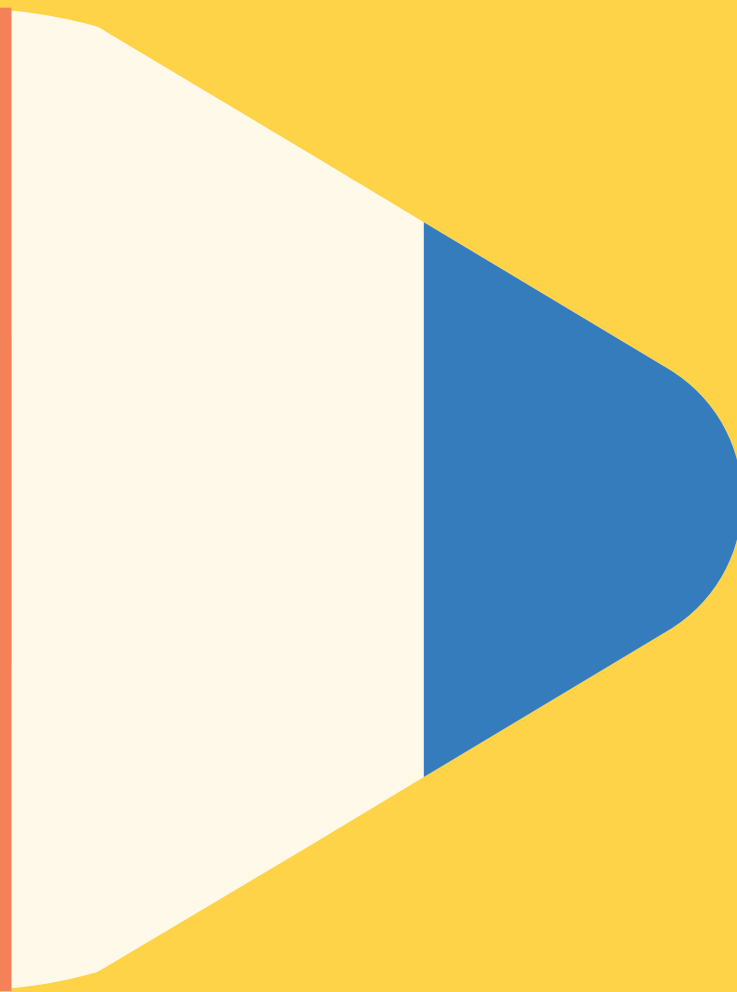
# WE ASKED STUDENTS IN SCHOOL-BASED COUNSELING... *WHAT WAS MOST HELPFUL?*

"It resets my brain to positive"



"I can control my anger better and make better choices because I'm calm"

"I'm more confident now"

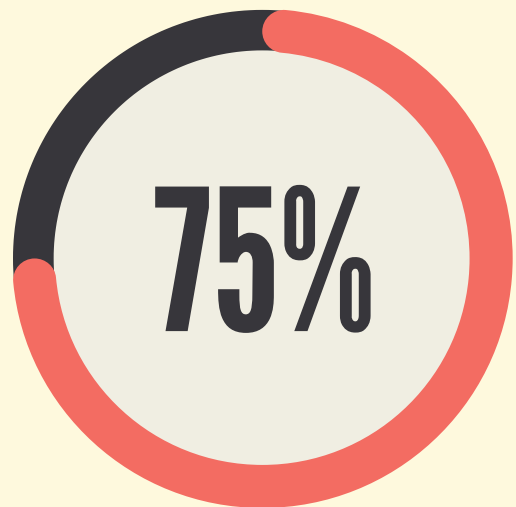


"I was able to talk to someone and not feel alone"



"They helped calm my anxiety"

# SCHOOL-BASED COUNSELING HELPS!



75% of students in counseling said it was was **HELPFUL** to them. Here's what the students have to say:



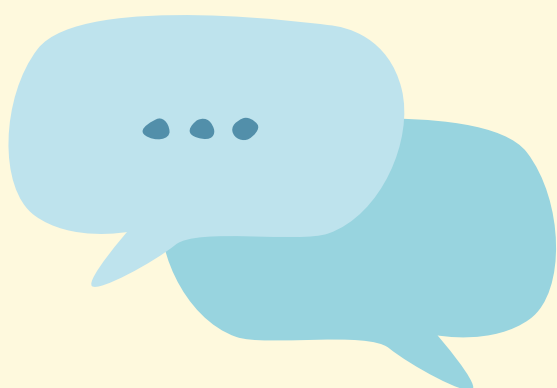
"On the days I have counseling I feel better, and it resets my brain to positive."



"Someone will listen to me no matter what I have to say!"



"I know it's good for me to have someone to talk to about my mood and attitude."



"[Counseling] makes me feel like I can control my anger better and make better choices because I'm calm."

# Mental health counseling **AT SCHOOL** has its perks.

Decreased  
drive time to  
and from the  
clinic for  
parents

Decreased  
missed class  
time for  
students

Decreased  
missed work  
for parents

Mental health counseling is available at your child's school. Contact their school counselor for more information.

# School-based mental health counselors are here to LISTEN!

**100%** of students in counseling say that  
their counselor **listened to them**

**100%** of students in counseling say that  
their counselor was **caring and  
understanding**

Talk to  
your school  
counselor  
for more  
info



"A human  
diary"

-anonymous  
student

me telling my friends mental health is important and they should take care of themselves

how i deal with my own mental health



# RELATABLE?

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The struggle is real, and you deserve good mental health. Therapy is available at your school to see students.

**TALK TO YOUR SCHOOL  
COUNSELOR FOR MORE INFO**