

## Mental Health Services

Pivot Charter School recognizes that many people are affected by mental illness each year, and you are not alone - 1 in 6 US youth aged 6 -17 experience a mental health disorder each year. Access to mental health services at Pivot and in our community is not only critical to improving the physical and emotional safety of students, but it also helps address barriers to learning and provides support so that all students can learn problem-solving skills and achieve in school and, ultimately, in life. The following resources are available to your child:

### Available on Campus:

- Social-Emotional Learning- students will learn important skills toward building Social-Emotional competencies such as self-awareness, self-management, relationship skills, social awareness and responsible decision making through Pivot's Pivot P.R.I.D.E. curriculum as delivered in weekly homeroom lessons and monthly pep rallies as well as various challenges throughout the month.
- School-based counseling services – Brief, individual, goal-directed school counseling will be provided for 1-4 sessions based on social-emotional related referrals. Additional resources will also be provided to families including where to start to find outside service providers. Additionally, counseling workshops will be provided to teach social-emotional and executive functioning skills while creating a sense of connectedness.
- Special education services – if you believe your child may have a disability, you are encouraged to directly contact Pivot's Director of Special Education, in writing, to request an evaluation.
- Prescription medication while on campus – if your child requires prescription medication during school hours and you would like assistance from School staff in providing this medication to your child, please contact your School Nurse, Site Coordinator, or Site Administrator.

### Available Nationally:

- Suicide Crisis & Lifeline Chat and Text: - Call or Text 988, available 24 hours.
- Crisis Text Line: Text "home" to 741-741
- Teen Line: Text "TEEN" to 839863
- The Trevor Project - Call 1-866-488-7386 or text "START" to 678678.
- Trans Lifeline: Call 1-877-565-8860
- ADDITIONAL CRISIS LINE NUMBERS can be found on the CDE's Help for Students in Crisis webpage at - <https://www.cde.ca.gov/ls/mh/studentcrisishelp.asp>.