

Mental Health Services

The Charter School recognizes that when unidentified and unaddressed, mental health challenges can lead to poor academic performance, increased likelihood of suspension and expulsion, chronic absenteeism, student attrition, homelessness, incarceration, and/or violence. Access to mental health services at the Charter School 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:

- School-based intervention – your child is encouraged to directly contact their teacher or our MTSS Coordinator, Ms. Moreno, or another trusted adult on campus. Our Charter School teachers support students having a difficult time due to academic stress, transition to changes in the environment, or social concerns, including isolation.
- Special education services – if you believe your child may have a disability, you are encouraged to directly contact Ms. Moreno to begin a conversation for next steps.
- 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 our school nurse, Ms. Gonzalez at 619-656-0797.

Available in the Community:

- Chula Vista Community Family Resource Center: 540 G St., Rm. 1001, Chula Vista, CA 91910 phone: 619-427-2119

Available Nationally:

- National Suicide Prevention Hotline - This organization provides confidential support for adults and youth in distress, including prevention and crisis resources. Available 24 hours at 1-800-273-8255.
- The Trevor Project - This organization provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. Available at 1-866-488-7386 or visit <https://www.thetrevorproject.org/>.
- Big Brothers/Big Sisters of America – This organization is a community-based mentorship program. Community-specific program information can be found online at <https://www.bbbs.org> or by calling (813) 720-8778.