

Public School Support for Your Child's Mental Health

Some children might have a hard time in school. They might feel different than other children or behave in a way that makes it difficult for them to learn. This handout explains how the public school system can help support your child's mental health.

Your child may need mental health support at school if they are:

- Having a hard time staying seated.
- Worried, angry, or irritated more than usual.
- Disruptive.
- Not interested in the things they used to enjoy.
- More tired than usual.
- Not able to make friends and get along with others.
- Not willing to go to school.
- Feeling very worried or anxious. Some children might say that they have stomach pain or headaches before school.

There is mental health support available in public schools for children. If your child attends private school, talk with the school counselor about what options are available.

If your child is in special education

If your child is in special education, talk with your child's case manager about **Educationally Related Mental Health Services**, also called an **ERMHS**. These services are specific to your child's needs and the goals of their **Individual Education Program**, also called an **IEP**.

Other mental health services available

If you think your child needs mental health support in school, talk with your child's school counselor about what other services are available. These services can include:

- Individual, group, or family counseling.
- Working with a social worker.
- Psychological services, including therapy.

For more information

If you have questions or want more information, call the **HEAL Program** at **(650) 725-2381** and leave a message. A **HEAL Educational Specialist** will contact you within **7 to 10 days**. You can also email HEAL@stanfordchildrens.org.

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