

MENTAL HEALTH RESOURCES

Social Emotional Resources for Students Available throughout the District

Did You Know?

There are approximately over 16 million children diagnosed with a mental disorder such as ADHD, behavior problems, anxiety, or depression—and 38% have experienced more than one type of traumatic event, according to the Centers for Disease Control and Prevention (CDC). Furthermore, societal pressures and environmental factors present challenges to the overall well-being of young people. Students and families may experience a time when social and emotional support is warranted. KRUE has services in the district offered by trained staff that can provide the appropriate supportive services.

The school site may provide mental health services, individual/group counseling, case management, crisis intervention, and psycho-education to students, parents, school sites, and the community.

In accordance with AB 2246, KRUE provides suicide prevention, intervention, and postvention services to students, families, and staff members throughout the district. This includes education and awareness campaigns regarding warning signs and how to access help to parents, instruction to students at the secondary level, and staff training. The district's policy also outlines our best practice approach to intervention and how we support students, families, and schools if a crisis does occur on one of our campuses.

KRUE has the following school support services available throughout the district that are provided by School Psychologists, Social Workers, Counselors, and Nurses:

Psychologists conduct psychoeducational assessments and provide mental health services, crisis response intervention, and academic, behavioral, and social-emotional guidance. Provide testing and psychological information beyond the scope of the classroom teacher. KRUSD school psychologist is Kathia Valdez. You can email her at kvaldez@krusd.org

Counselors provide academic, career, and social-emotional counseling to students. KRUSD Academic Counselor is M. Cecelia Espinoza and you can email her at mespinoza@krusd.org

Social Workers provide mental health support and services, such as, Interim Counseling, Individual and Group Mental Wellness Support, Advocacy, Mental Health Interventions & Crisis Management, Referrals & Community Linkage, Parent/Caretaker Support, Classroom Support, and Monitor identified at-risk students to provide and link available resources. KRUSD current school social worker is Omar Lopez. He can be reached at olopez@krusd.org

Nurses provide part of our overall assessment of a student's ability to function in school. The school nurse assists in determining a student's ability to function in class, provide health education and resources for students regarding reproductive health, and ensures accessibility to all educational rights for parenting. You can contact the KRUSD LVN by emailing kruehealthoffice@krusd.org

Resources

General Services

<https://www.211tularecounty.org/>

Suicide Prevention

Crisis Text Line: HOME to 741741

National Domestic Violence Hotline: 1-800-799-7233

[National Suicide Prevention Lifeline](https://988lifeline.org/how-we-can-all-prevent-suicide/): 1-800-273-8255 or call/text 988 or <https://988lifeline.org/how-we-can-all-prevent-suicide/>

Local Suicide Prevention Hotline: 1-800-320-1616

[Connect with a Crisis Counselor by Texting "HOME" to 741741](#)

[Suicide Prevention Lifeline: 1-800-273-TALK \(1-800-273-8255\)](#)

[Central Valley Suicide Hotline: 1-888-506-5991](https://www.cvhhs.org/central-valley-suicide-hotline)

[How to Talk About Suicide](#)

[Suicide: Preventing Youth Suicide](#)

[Suicide: Tips for Parents](#)

Substance Abuse

What is Substance Abuse:

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4126.pdf>.

<https://www.recovery-resources.net/>

<https://www.samhsa.gov/find-help/national-helpline>

Bullying and Cyberbullying Prevention

<https://www.stopbullying.gov/>

If you notice warning signs that a child may be involved in [cyberbullying](#), take steps to investigate that child's digital behavior. Cyberbullying is a [form of bullying](#), and adults should take the same approach to address it: support the child being bullied, address the bullying behavior of a participant, and show children that cyberbullying is taken seriously. Because cyberbullying happens online, responding to it requires different approaches. If you think that a child is involved in cyberbullying, there are several things you can do:

- Notice – Recognize if there has been a change in mood or behavior and explore the cause. Try to determine if these changes happen around a child's use of their digital devices.
- [Talk](#) – Ask questions to learn what is happening, how it started, and who is involved.
- Document – Keep a record of what is happening and where. Take screenshots of harmful posts or content if possible. Most laws and policies note that bullying is a repeated behavior, so records help to document it.
- Report – Most social media platforms and schools have clear policies and reporting processes. If a classmate is cyberbullying, **report it to the school**. You can also contact apps or social media platforms to report offensive content and

have it removed. If a child has received physical threats or a potential crime or illegal behavior occurs, **report it to the police.**

- Support – Peers, mentors, and trusted adults can sometimes intervene publicly to positively influence a situation where negative or hurtful content posts about a child. Public Intervention can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of the bullying to express your concern. If possible, try to determine if more professional support is needed for those involved, such as speaking with a guidance counselor or mental health professional.

Food Pantry

<http://kcaps.net/home>

<https://foodlinktc.org/get-help/>

Housing Assistance/Utilities/Energy Assistance

<https://www.211tularecounty.org/housing-index>

<https://www.benefits.gov/benefit/1540>

<https://www.cset.org/energy-assistance>