



Better is possible.



FamilyMeans

SCHOOL-BASED MENTAL HEALTH



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Supporting the Mental Health of Students

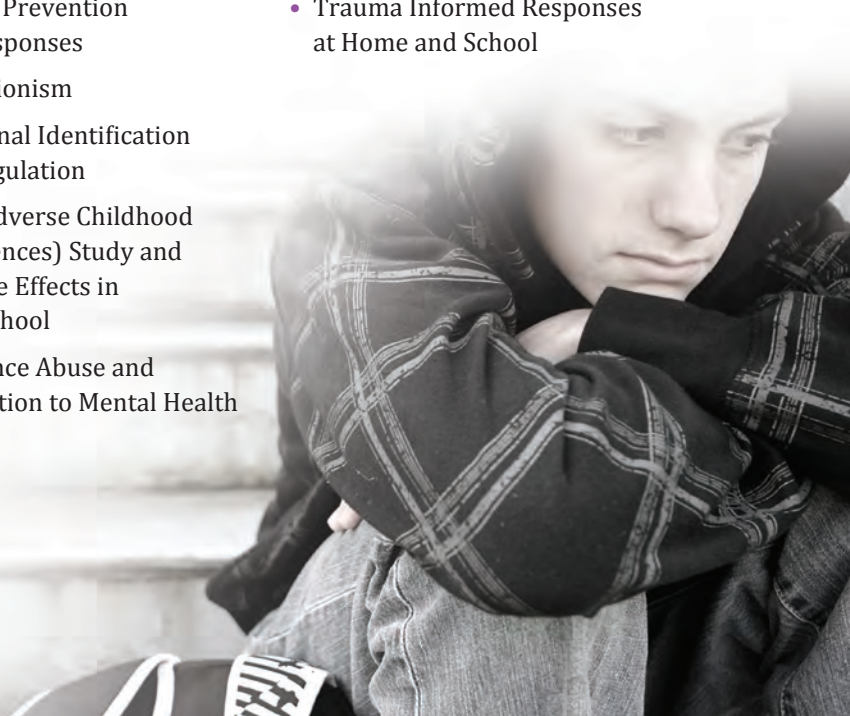
FamilyMeans provides outpatient counseling services in your school building for your students and their families in the form of individual, family, and group counseling.

In addition to counseling sessions, FamilyMeans school-based staff provide in-school trainings to staff and/or parents. The following training topics are readily available to you. FamilyMeans can also provide other specialized trainings at your request.

Call **651-439-4840** to arrange for any of these trainings in your school.

Staff/Parent Training Topics

- Mental Health 101
- Anxiety
- Depression
- Suicide Prevention and Responses
- Perfectionism
- Emotional Identification and Regulation
- ACE (Adverse Childhood Experiences) Study and Possible Effects in Your School
- Substance Abuse and Connection to Mental Health
- Trauma 101
- Mindfulness
- Healthy Relationships
- Trauma Informed Responses at Home and School



"The one time I get to talk about my life, my problems and actually focus on me. I can talk to someone about literally anything, without fear of judgement."

- FamilyMeans Teen Counseling Client

FamilyMeans school-based counselors lead small group sessions for students seeking support in the following areas:

Children in Transition

Provides support and education for elementary students dealing with parental separation or divorce.

Youth in Transition

Provides support for secondary students to learn about divorce and separation in their family and how to cope.

Anxiety Group

Students learn signs and symptoms of anxiety, how their brains react to it and how to cope.

Depression Group

Students learn signs and symptoms of depression, how their brains react to it and how to cope.

Mindfulness 101

Students learn what mindfulness is and how to use it. They will participate in practical activities to use in daily life to reduce distress and increase calm.

Emotion Identification and Regulation

Students learn how to identify and appropriately express emotions throughout childhood and adolescence, as well as ways to cope and respond to their emotions.

Healthy Relationships and Social Skills

Elementary students focus on building healthy friendships. Middle and High School students focus on healthy peer and romantic relationships. They all learn the key elements to healthy relationships including communication, respect and what signs to be aware of that may indicate an unhealthy situation.

To learn more or make an appointment, call **651-439-4840**.

Support is here.

At FamilyMeans, our work is life's challenges. We listen without judgement, offer encouragement and believe in you even when you might not. You can count on FamilyMeans.

We provide school-based mental health services in the following school districts:

- Stillwater 834
- North St. Paul/Maplewood/Oakdale 622
- New Richmond
- Prescott

FamilyMeans is accredited by the Council on Accreditation. Services are available to all persons without bias to age, gender, race, national origin, disability, religious affiliation or sexual orientation. If a reasonable accommodation for a disability is needed, FamilyMeans will make every effort to accommodate with advance notice.



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familymeans.org | 651-439-4840

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