

Mental Health Services

Growth Public Schools (“GPS”) 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 each 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 our Campuses:

- **School-based counseling services** – your child is encouraged to contact Realyn McDaniel, Student Services Coordinator, during school hours to make an appointment to speak with a counselor. Mrs. McDaniel can be reached at 916-394-5007. Our Charter School counselors support students by providing individual sessions, group or parent consultations whenever a student is having a difficult time due to academic stress, transition to changes in their environment, or social concerns, including isolation. Counseling services, whether provided by our Charter School or by an outside provider listed herein, are voluntary.
- **Special education services** – if you believe your child may have a disability, you are encouraged to directly contact Realyn McDaniel at 916-394-5007 to request a meeting to discuss your concerns.
- **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 Yosselin Ramirez at 916-394-5007.

Available in the Community:

MENTAL HEALTH URGENT CARE CLINIC (MHUCC) provides services on a voluntary, walk-in basis to Sacramento County residents of all ages who are experiencing a mental health and/or co-occurring substance abuse crisis, regardless of their ability to pay. MHUCC is an alternative to emergency departments for those in crisis or experiencing an urgent mental health need and seeking mental health care.

Sacramento Mental Health Urgent Care Clinic (MHUCC)

Phone: (916) 520-2460

Fax: (916) 520-2459

Address: 2130 Stockton Blvd, #300, Sacramento, CA 95817

Hours Of Operation:

24 hours a day, 7 days a week

Medication consultation available in person or via telepsych as deemed necessary! Please note that the clinic does not prescribe controlled medications

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 988 or 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.