

you matter.



School Counselor

What exactly does a School Counselor do?

School Counselors DO...

- Serve all students in the school
- Focus on academic and social emotional support
- Meet with students to do brief, solution focused counseling
- Refer students/families for mental health services

School Counselors DO NOT...

- Diagnose
- Provide long-term intensive services
- Are not therapists

Reasons why your child's school counselor may refer them to mental health services:

If your child is experiencing a mental health concern that:

- Requires more long term support
- Is manifesting self-harm or suicidal ideation/plans
- Daily life is significantly being affected or impacted in a negative way