



"Write the future"

Mental Health Services

Mental health - an essential part of children's overall health - has a complex interactive relationship with their physical health and their ability to succeed in school, at work and in society. According to the American Psychological Association (APA) all children and youth have the right to happy and healthy lives and deserve access to effective care to prevent or treat any mental health problems they may develop. Please contact Executive Director - Christine Kane - to schedule an appointment if you have concerns regarding your child's socio-emotional well-being and the mental health resources available at SDGVA. (Sec 49428 Education Code)

Local resources from San Diego County of Education's (SDCOE) website for Mental Health & Wellness may also be of value to you or your child in order to access mental health services in the San Diego region. SDCOE is committed to providing schools, students, and families with resources to improve their mental and emotional wellness (Link: <https://bit.ly/2YZqhBj>):

- 211 = As a local non-profit operating 24 hours a day, 365 days each year, 211 San Diego is the region's trusted source for access to community, health, social and disaster services. By simply dialing 211 the call is free, confidential and available in more than 200 languages. 211 provides access to 6,000 services, resources and programs through our online database. (Link: <https://211sandiego.org/>)
- Mental Health America of San Diego County is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service. (Link: <http://mhasd.org/>)
- The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help. By raising awareness and providing access to local resources, we aim to inspire wellness, reduce stigma and prevent suicide. Recovery is possible and help is available. It's Up to Us to make a difference in the lives of San Diegans experiencing mental health challenges by offering support and providing opportunities. This campaign is developed through the County of San Diego Health and Human Services Agency, and supports the County's Live Well San Diego vision to promote a community that is healthy, safe and thriving. (Link: <https://up2sd.org/>)
- The National Alliance on Mental Illness in San Diego (NAMI San Diego) is the community's voice on mental illness. Support people with mental illnesses and their families by helping them find coping mechanisms for their daily struggle with brain disorders. Educate people who have mental illness, their families, and the general public about mental illness with the goal of dispelling ignorance and stigma. (Link: <https://namisandiego.org/>)

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