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## Helping your child stay healthy is about to get easier!

Dear Parent,

This fall, 2019, your child's campus will have a Student Wellbeing Center where they can find health education and services, easily and at no cost.

Many high school students lack adequate health information and education at an age when they are making difficult decisions that affect their physical, social and emotional health. In order to make it easier for LA's young people to stay healthy, the Los Angeles County Department of Public Health is funding the establishment of Student Wellbeing Centers on 50 high school campuses, bringing youth-focused services on site. We will also receive assistance from the Department of Mental Health and Planned Parenthood of Los Angeles to assure that students have access to education and services related to mental and reproductive health.

The Student Wellbeing Center will be a supportive partner in your efforts to protect your child's health and help them develop lifelong healthy practices. At the Center, students will find accurate information, honest answers to questions, adults who listen and help guide them toward health, and peers who support smart choices.

The Student Wellbeing Center will be open at least 20 hours/week, including after school hours. The Center will offer information, education and limited services for:

- Social and emotional health
- Substance and tobacco use prevention
- Sexual health

At the Student Wellbeing Centers, students will also have an opportunity to become leaders in their communities, to participate in school governance and community efforts aimed at improving health and wellbeing and learn about careers in healthcare.

The Student Wellbeing Centers will also offer education to parents on teen health issues.

For information about the Student Wellbeing Center, please contact Ellen Sanchez, [esanchez@ph.lacounty.gov](mailto:esanchez@ph.lacounty.gov), 626-299-4502.