

## **Pupil Mental Health Services**

Pupil Mental Health Services, AB 2022: requires schools to provide mental health services information at least twice a year by at least two different methods. The law is intended to help bridge the gap between the need for pupil mental health services and pupils' lack of awareness of the available mental health resources, especially amongst youth in poverty or with non-English speaking parents. There are at least two ways to receive mental health services in Shasta County for our students and families: 1. Shasta County Health & Human Services Agency, [https://www.co.shasta.ca.us/index/hhsa\\_index.aspx](https://www.co.shasta.ca.us/index/hhsa_index.aspx) which provides a full spectrum of supports. Their phone numbers for immediate help are: 24-hr mental health 530-225-5252 or 888-385-5201; Suicide Help 800-273-TALK (8255). 2. RSA has supports through our Dean of Students and School Counselor. Students or parents may request mental health supports through the front office, notifying their classroom teacher, emailing Mrs. Wahl [cwahl@rsarts.org](mailto:cwahl@rsarts.org) or Mrs. Percia [cpercia@rsarts.org](mailto:cpercia@rsarts.org).