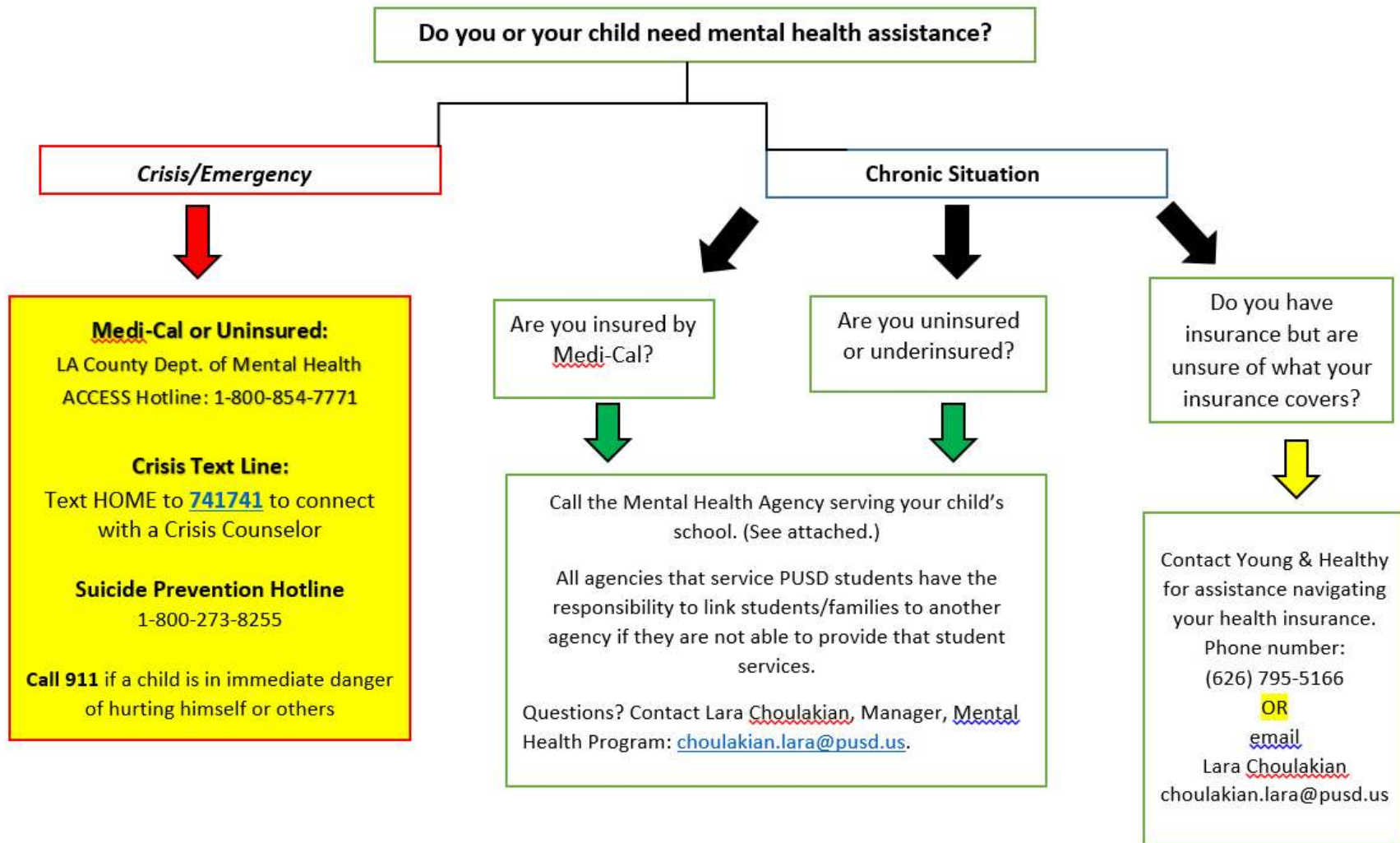


Mental Health Services & Resources

This flow chart to help you navigate finding mental health services for your PUSD student. See following page for a list of which mental health agencies serve which schools. (Contact mentalhealth@pusd.us if you need additional help connecting with services.) Additional mental health resources are listed on the final page of this document.



For PUSD students interested in receiving mental health services, please use this directory to find the agency that serves your school. Agency staff should be able to connect you with another agency if their agency cannot provide services to your student. If you have questions or are unable to connect with an agency that can serve your child, contact Lara Choulakian, PUSD Manager of Mental Health Services: choulakian.lara@pusd.us.

Si un estudiante de PUSD está interesado en recibir servicios de salud mental en este momento, utilice este directorio para encontrar la agencia que sirve a su escuela. El personal de la agencia debe poder conectarlo con otra agencia si su agencia no puede brindarle servicios a su estudiante. Si tiene preguntas o no puede comunicarse con una agencia que pueda atender a su hijo, comuníquese con Lara Choulakian, Gerente de Servicios de Salud Mental del PUSD: choulakian.lara@pusd.us.

****If you need further assistance in seeking mental health services or need other types of supports, please call the PUSD Family Hotline at (626) 396-3680.** You will be connected to professionals who will link you to the appropriate services and support.

****Si necesita asistencia para encontrar servicios de salud mental o tiene alguna pregunta, llame a la Línea Directa Familiar de PUSD (626) 396-3680.** Estará conectado/a con profesionales que le ayudarán con los servicios y apoyo adecuado.

School / Escuela		Mental Health Provider
Elementary / Primaria	Middle and High Schools / Secundaria	Proveedor de salud mental
Altadena Arts Magnet	John Muir High School	D'Veal Family and Youth Services at (626) 296-8900
Washington STEM Elementary	Washington STEAM Middle	Five Acres at (626) 993-3100
Hamilton Elementary; Willard Elementary	Eliot Arts Magnet, Marshall Secondary	Foothill Family at (626) 993-3000
Longfellow Elementary; Madison Elementary; Webster Elementary	Pasadena High School	Hathaway-Sycamores at (844) 222-2377
Jackson STEM Magnet	Rose City High School	Pacific Clinics at (877) 722-2737
Don Benito Elementary; Field Elementary, McKinley (Elementary & Middle); Norma Coombs, Sierra Madre Elementary, Washington STEM Elementary	Eliot Arts, Sierra Madre Middle, Washington STEAM Middle Blair Middle and High School	PUSD Mental Health Services at (626) 396-5920
Supporting Altadena, Blair, Washington STEM Elementary	Washington STEAM Middle	Hillsides at (323) 254-2274*

Additional Resources

Young and Healthy (626) 795-5166 (<https://yhpasadena.org/>) - Young and Healthy is a Pasadena-based non-profit organization that connects underserved children with free medical, dental and mental healthcare through volunteer doctors; helps families with insurance enrollment and navigation; and provides referrals to local services. Young & Healthy can help families with private insurance to navigate that insurance and get you connected to the resources you need. Y&H Mobile Dental Clinic (for students and parents) is March 11-19 – call 795-5166 for more information. Check out **Y&H Mindful Mondays Videos**: <https://www.facebook.com/YHPasadena/videos/1777943355689943/>

“Me Time” Mindful Mondays: D'Veal Family and Youth Services offers a 15-minute "Me Time" zoom session each Monday afternoon. Zoom room opens at 3 PM, sessions starts promptly at 3:10 PM. Savor a moment of peace and calmness as you gear up for your work week. To join, please click on the link <https://zoom.us/j/92152244259?pwd=cGcxMnNGRTRubTRFamIKR2xJQ1V4Zz09>

Community-based Agencies that usually have a small fee for services:

- Pasadena Mental Health Center (626) 798-0907
- Rose City Counseling Center (626) 793-8609
- Fuller Psychological and Family Services (626) 584-5555
- Westminster Center - affordable counseling (626) 798-0915

"Supporting Families During COVID-19" | Child Mind Institute <https://childmind.org/coping-during-covid-19-resources-for-parents/>

The Child Mind Institute is a national nonprofit transforming the lives of children and families struggling with mental health and learning disorders.

"COVID-19 Mental Health Resource Guide" City of Pasadena Public Health Department"

<https://www.cityofpasadena.net/public-health/covid-19-mental-health/#help-children-youth-families>

Upcoming Workshops & Programs

“Youth Mental Health First Aid Training” | mentalhealthfirstaid.org – 6-hour training course designed for teachers and others who work with youth. Learn risk factors and warning signs, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Ordinarily costs \$180, but being offered free via PTA First District on Feb. 26, March 27 & 31, 9 AM-1:30 PM. <https://www.eventbrite.com/e/youth-mental-health-first-aid-with-pta-tickets-117940510241>

“Managing Your Child’s Challenging Behaviors during the Pandemic” | PUSD Parent University - March 3, 2020 (10 AM English, 6 PM Spanish) – details and link available at <https://pasadena.instructure.com/courses/8336> (click on “calendar of events”)

"Parent Self-Care" | Foothill Family - online parenting workshop – Thu., March 4, 6-6:30 PM. Meeting ID: <https://meet.google.com/six-ovtm-irm>.

“Learn Mental Health Self-Care” | Los Angeles County Mental Health Promoters offers a free virtual workshop to learn self-care techniques. Thursday, March 4, 4:30 p.m. Join Zoom Meeting: <https://us02web.zoom.us/j/7552452561>

PEN is also planning a **“Mental Health Self-Care for Parents”** program in the first half of March – details TBA!