



Mental Health Services

The Charter School recognizes that when unidentified and unaddressed, mental health challenges can lead to poor academic performance, increased likelihood of suspension and expulsion, chronic absenteeism, student attrition, homelessness, incarceration, and/or violence. Access to mental health services at the Charter School and in our community is not only critical to improving the physical and emotional safety of students, but it also helps address barriers to learning and provides support so that all students can learn problem-solving skills and achieve in school and, ultimately, in life. The following resources are available to your child:

School-Based Resources:

- School-based counseling services – your child is encouraged to directly contact a Charter School counselor communicating by phone or email with the office during school hours and make an appointment to speak with a counselor. The office can also be reached at (833)619-2378. Our Charter School staff support students by providing individual sessions, group or parent consultations whenever a student is having a difficult time due to academic stress, transition to changes in their environment, or social concerns, including isolation. Counseling services, whether provided by our Charter School or by an outside provider listed herein, are voluntary.
- Special education services – if you believe your child may have a disability, you are encouraged to directly contact Lauren Laudermill at llaudermill@bestacademycs.com to request an evaluation.

Available in the Community:

- San Diego County Office of Education Mental Health Supports: [SDCOE Site](#)
- San Diego County Behavioral Health Services: [Behavioral Health](#)
- Family Health Centers of San Diego: [Family Health Site](#)
- Inland SoCal Crisis Helpline: Phone: (951) 686-HELP (4357) [InlandSoCalUW.org](#)
- Riverside University Health System: [rcdmh.org](#)
- National Alliance on Mental Illness - Temecula Valley: [namitv.org](#)
- Orange County Health Care Agency: [ochealthinfo.com](#)
- Mental Health Association of Orange County: [mhaoc.org](#)
- National Alliance on Mental Illness - Orange County: [namioc.org](#)
- Behavioral Health Services Imperial County: [bhs.imperialcounty.org](#)
- Imperial County Network of Care: [imperial.networkofcare.org](#)

Available Nationally:

- National Suicide Prevention Hotline - This organization provides confidential support for adults and youth in distress, including prevention and crisis resources. Available 24 hours at 1-800-273-8255.
- The Trevor Project - This organization provides suicide prevention and crisis intervention for LGBTQ youth between the ages of 13 and 24. **Available at 1-866-488-7386 or visit <https://www.thetrevorproject.org/>.**

- Big Brothers/Big Sisters of America – This organization is a community-based mentorship program. Community-specific program information can be found online at <https://www.bbbs.org> or by calling (813) 720-8778.

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B.E.S.T. Academy Charter School: **Mental Health Resources Posting**