# Mental Health Services

FCPS offers a variety of ways for students and families to request mental health resources. We also provide trainings for students, staff, parents/guardians, and community members on mental health awareness, suicide, trauma, etc. throughout the year. And when needed, we try to connect children and families with appropriate services outside the district.

Our district mental health specialists provide a comprehensive program of direct services for all students. Services include counseling of children; talks with teachers, family members, and other key adults; and coordination of activities related to the mental health, academic, social, emotional, and physical needs of students.

## General Resources

**Mental Health Library for Students (http://galesupport.com/district/fcps)**

Referral and assessment locations for students in crisis:

- U of L Health Peace Hospital / Kosair Charities Children's Peace Center (https://uoflhealth.org/locations/peace-hospital/programs/children-adolescent-programs/)
- The Ridge Behavioral Health System (http://www.ridgebhs.com/admissions-referrals/)
- SUN Behavioral Health (https://sunkentucky.com/crisis-care/)

For family assistance with basic and social/emotional needs:

**GET HELP (HTTPS://GETHELP.FCPS.NET/)**

# Video Archives

What is Trauma? Psychoeducation for Kids (https://www.youtube.com/watch?v=jJ8Hxglh0jQ)

When to Seek Help if Your Child Has Experienced a Traumatic Event (https://www.youtube.com/watch?v=yPvTBnEIR5E)

Why Experiences Matter: Trauma 101 for Caregivers (https://www.youtube.com/watch?v=qWPAT-G6r08)

Self-Regulation Techniques for Children (https://youtu.be/V8jJPOxii6M)

Get Connected: Enhancing Resiliency through School Connectedness (https://www.youtube.com/watch?v=Qn167H4Xbg4)

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# Contact

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