



 > ABOUT ... > STUDENT SUPPORT SERVICES > MENTAL HEALTH & WELLNESS

Mental Health & Wellness

Our vision is to foster a safe, supportive, and inclusive environment where students are empowered to develop social-emotional skills to become empathetic, resilient and contributing members in their community.

The District provides school-based mental health and wellness services and resources to students and families. These services include short-term individual or group counseling for students at the school site; short-term, solution-focused therapy for students and families through the IUSD Family Counseling Center; and resource linkages to community-based mental health or social services for students and families. Services are provided by counselors or licensed mental health professionals. Please contact a school counselor, elementary resource counseling specialist, or administrator if you would like to access support or are interested in more information about the support available.

 **If you or someone you know is actively suicidal, call:**

- 911 - [For Life-threatening Emergencies](#)
- 988 - [Suicide & Crisis Lifeline](#)
- 1-844-572-9669 - [Anonymous Reporting System](#)

Quick Resources:

- [Never A Bother](#)



