

School-Based Mental Health

School-Based Therapy for Children and Teens in Select Area Schools.



Our School-Based Mental Health services offer youth the benefits of developmentally-targeted therapy in a school setting where they have the greatest opportunity to regularly access the help they need and receive support when in crisis.

To further reduce barriers to care, we ensure youth can access these trauma-informed and culturally-responsive services on a sliding fee-scale.

Staff provide individual and group therapy to address issues related to trauma, depression, anxiety, and other concerns to preschool, elementary, middle and high school youth in schools across the Centennial, Mounds View, and St. Anthony-New Brighton School districts.

While our therapists collaborate with school staff to support their clients' mental health needs in the classroom, they also serve as a resource for schools, sharing their expertise while helping staff attend to the mental health needs of the school as a whole. This helps create better social, emotional, and academic outcomes for students, teachers, and schools.

If you have any questions, please call 651-486-3808. You will be connected to a Client Services Coordinator who can guide you through the process.

Step 1: Contact Your School's Student Support Staff

Contact a student support staff member at your school (counselor, dean, social worker) and ask to start services with NYFS.

Step 2: School Staff Contacts NYFS

The student support staff member will forward your information to our Client Services Coordinator (CSC).

Step 3: Schedule Your First Appointment

A NYFS School Based Therapist will contact you to introduce themselves and schedule an appointment with you and your child.

Step 4: Finalize Information Prior to Your Appointment

A CSC will contact you to gather insurance information and/or set up a sliding-fee payment scale.

Step 5: You and Your Child Attend an Intake Session

The therapist will get to know you and your child, understand or identify goals, discuss challenges and start making plans to meet goals.

Take Your Next Step.

Visit nyfs.org/mental-health/school-therapy.

For more information, call 651-486-3808.



Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.



Transforming Lives

NYFSorg

Northeast Youth & Family Services

[NYFS.ORG](https://nyfs.org)

LOCATIONS:

Shoreview Clinic
3490 Lexington Ave N
Suite 205
Shoreview, MN 55126
(651) 486-3808

White Bear Lake Clinic
1280 North Birch Lake Blvd.
White Bear Lake, MN 55110
(651) 429-8544