

Available Mental Health Services for Students:

Union Street Charter offers student support counseling for social-emotional issues that are interfering with academics or causing conflict on the playground. Typical topics covered include identifying emotions, understanding how emotions feel in the body, mindfulness, social skills, conflict management, boosting confidence and offering a comfortable space for students to talk freely about what is going on for them. Many of the activities are play-based, including drawing, using sensory activities and playing games. These activities often help the student express themselves in a comfortable setting. Space is limited and the sessions are once a week for 15-20 minutes.

If a student has Medi-Cal, The Department of health and Human Services can provide counseling. Students who are experiencing some anxiety, depression or more than typical difficulty with social interactions may be referred by parents or the school. Parents can call 445-7715.

The Arcata Family Resource Center may also be able to assist with Mental Health Services. You can contact them at 826-1002. They are located on the Arcata Elementary School campus at 2400 Baldwin, but services are open for all Arcata residents.

Families with insurance can call their insurance company and ask for a list of counselors covered by their plan.

For more resources, please talk to our Counselor.