

## WHAT WE DO:



Encourage positive social support with peers



Support and counsel students during tough times



Help students cope with and overcome challenges



Assist students with positive behavior changes and improved decision making



Social/Emotional Learning



Coordinate with families and Community Schools to meet students' mental health needs



Provide Behavioral Health counseling during the school day

## WHAT WE DON'T DO:

- Give students quick answers to complex concerns
- Tell students what to do
- Judge a student's behavior



## WHO WE ARE:

- We have experience working with children and families
- We connect students and their families to additional Behavioral Health Services as needed through GRHC
- Behavioral Health School Counselors are licensed by the Arizona Board of Behavioral Health Examiners

### Contact us:

**520-796-2631**

[grhcschoolcounseling@grhc.org](mailto:grhcschoolcounseling@grhc.org)

## "WE'RE HERE TO HELP!"

The Behavioral Health School Counseling Program (BHSC) is provided through Tobacco Tax funding from the Gila River Indian Community.

In the event of a  
mental health crisis call:

National Suicide Prevention Lifeline: 1-800-273-8255

**GRIC CRISIS HOTLINE: 1-800-259-3449**



Gila River  
HEALTH CARE



## Behavioral Health School Counseling Services

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# IS YOUR CHILD STRUGGLING?

## BEHAVIOR PROBLEMS CAN BE SIGNS OF...



Anxiety or excessive worry



Depression



Interpersonal problems (issues with family, friends, and/or teachers)



Self Esteem Issues



Attention Issues

# WHERE WE ARE LOCATED:

- Blackwater Community School
- Casa Blanca Community School
- Gila Crossing Community School
- Maricopa Village Christian School
- Sacaton Elementary and Middle Schools
- Saint Peter's Indian Mission School



# HOW DOES COUNSELING HELP?

Counseling has been shown to help students...

- Increase self confidence
- Problem Solving
- Cope with depression
- Develop healthy coping skills
- Improve interpersonal skills
- Learn to make better decisions
- Manage anxiety
- Decrease behavior issues
- Increase anger management skills
- Increase academic success

# COVID HAS AFFECTED US ALL



Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and our children. School closures and social isolation have affected all students and families. Adding to student learning challenges, a mental health crisis is emerging among our youth. Behavioral Health Counselors are here to provide help and support through these challenges.