



For Children's Mental Health

Transitioning Mental Healthcare for Students Entering High School

Entering high school is a stressful transition for all students but especially difficult for those struggling with mental health challenges. School based mental health therapists can help prepare students for the transition and help them overcome any challenges faced in the process.

Benefits of Transitioning Care

- Students receive enhanced support for academic success in a new school environment.
- Students are linked to familiar and supportive resources who can offer encouragement and problem solve as needed.
- Students are offered opportunities to further enhance skills for managing mental health needs.

Accessing School Based Mental Healthcare at the High School

Many Cincinnati high schools have school based mental health services that can be found by:

- Talking with the current school based mental health therapist and asking for support in the transition
- Accessing a contact list of school based mental health therapists at www.MindPeaceCincinnati.com (click on the “Access Help” link)

- Calling the main office at the high school and asking to speak with the school based mental health partner

Office Based Mental Health Services

If you would like your child to continue with mental health treatment services outside of the school setting, contact your therapist for information on offices in your community.

Terminating Treatment

If you wish to terminate treatment, please discuss this in advance with your therapist so they can assist you in determining methods to prepare for future challenges and offer resources.

If you would like your child to receive mental health services to help with the transition, be sure to request a meeting with the current therapist prior to the end of the school year to make the necessary arrangements.

 **mindpeacecincinnati.com**

Confidentiality

Written parental consent is required for information to be shared between therapists. Confidential information cannot be shared with other high school staff without your permission.