



BEHAVIORAL HEALTH SUPPORTS IN SCHOOLS

All children can have strong emotions that they have difficulty coping with. These feelings might be caused by the school environment, learning or mental health challenges, or something going on at home.

These feelings may cause children to act out and have trouble following school rules.

Some schools offer **Behavioral Health Services** to help these children and their families. All public schools provide services to children in Special Education with IEPs.

What kind of services are available in school?

- Students may speak with a counselor alone or in a group.
- Counselors can talk to parents and caregivers and give them additional tools and skills to support themselves and the child.
- Counselors may use art or playrooms to help the student.

Do these services cost money?

Some services may be free and others may cost money.

You can ask the school for a free evaluation, when necessary, to help understand what is going on with your child.

Talking with counselors may cost a fee. Government help like Medicaid or PeachCare may pay the counselor. See our section on [Paying for Your Child's Care](#) for more information.