

## MENTAL HEALTH SUPPORT FOR STUDENTS

# Understanding & Supporting Youth Anxiety

Many students struggle with anxiety and stress, making it harder to focus, learn, and thrive. Through our partnership with **Daybreak Health**, students can access **one-on-one mental health support** from licensed professionals – in most cases with **costs fully covered**.

**School staff & parents can refer students for support:**

[Make a Referral](#)

### June Webinar: Understanding & Supporting Youth Anxiety

Daybreak Health is hosting a **free parent webinar** to help families better understand and support youth anxiety. This session will provide expert insights, practical tools, and a live Q&A with a licensed clinician.



#### Class in English:

Wednesday, June 18th  
5:00 PM PST | 8:00 PM EST

[Register Here](#)

#### Clase en Español:

Jueves, 19 de junio  
5:00 PM PST | 8:00 PM EST

[Regístrese Aquí](#)



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