

MENTAL HEALTH SUPPORT FOR STUDENTS

Social Media, Technology, and Cyber-Bullying

Explore how social media affects youth mental health, learn ways to set healthy screen time limits, and get tips to prevent cyber-bullying. 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](#)

May Webinar: Social Media, Technology, and Cyber-Bullying

Daybreak Health is hosting a **free parent webinar** to help families navigate the digital world. Learn about the impact of social media, strategies to set healthy limits, and how to protect kids from cyber-bullying. Includes expert guidance and a live Q&A with a licensed clinician.

Class in English:

Wednesday, May 21st
5:00 PM PST | 8:00 PM EST

[Register Here](#)

Clase en Español:

Jueves, 22 de mayo
5:00 PM PST | 8:00 PM EST

[Regístrate Aquí](#)



Scan to Register