



# Mental Health and Wellness Supports

Academic Matters - May 2025

# School-Based Mental Health Services

All students and families in Fairfax County Public Schools have access to school-based mental health professionals who are available to help.

[School Counseling Services](#)

[School Psychology Services](#)

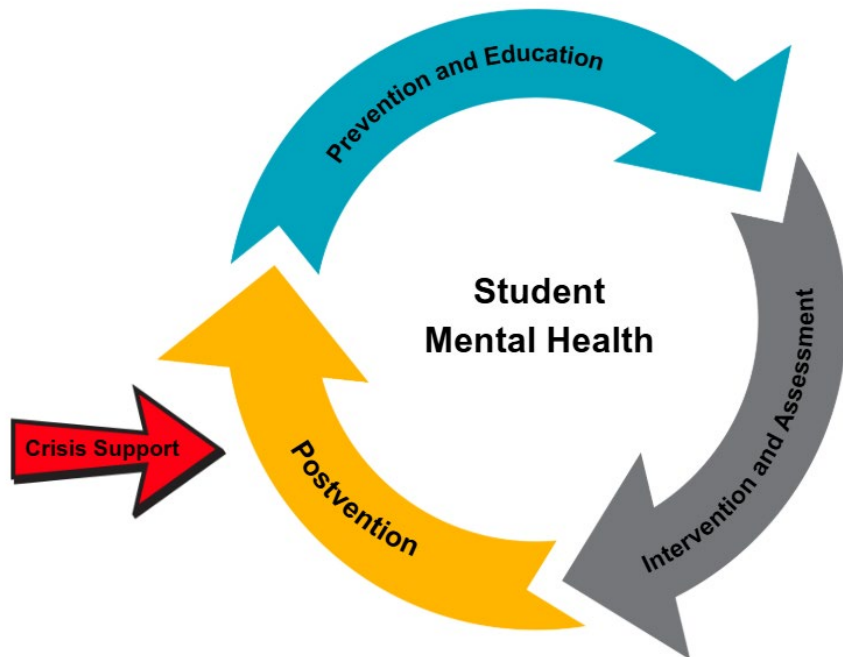
[School Social Work Services](#)

[Substance Abuse Prevention Program](#)



# Policy 2121

FCPS supports student mental health and wellness through **Prevention and Education**, **Assessment and Intervention**, and **Crisis Support and Postvention**



## Prevention and Education

- Health instruction
- SEL practices
- School Counseling lessons
- *Handle With Care*
- Training on mental health and trauma awareness

## Assessment and Intervention

- Risk assessment and case management
- FBA/BIP
- Individual & Group counseling
- Mentoring
- Engagement with Substance Abuse Prevention Specialists
- Return to Learn supports

## Crisis Support and Postvention

- School-based crisis response teams
- Regional crisis response teams

# Community Mental Health Partnerships

## Our Minds Matter

- Student-led clubs that encourage self-care, healthy habits, social connectedness, and suicide prevention

## Healthy Minds Fairfax and Short-Term Behavioral Health

- Short-term behavioral health services for students with mild to moderate mental health challenges
- Available to students in all Middle and High Schools, and Title 1 Elementary Schools

## Hazel Health

- Short-term no-cost teletherapy for students with mild to moderate mental health challenges
- Available to all High School students

## On-Site Community Services Board Clinicians

- Outpatient services for students with more significant mental health needs

## The Heart Leaf Center

- Play-based therapy for preschool and elementary-age students

## Northern Virginia Family Services Youth Initiatives

- Violence Prevention and Intervention Program; Family Reunification Program

**NO JUDGMENT.  
JUST HELP.**

**TEXT, CALL, CHAT**

**988**

# Mental Health and Family Engagement

- [Risk Prevention](#)
- [Protecting Kids Against Digital Exploitation: Keeping Kids Safe Online](#)
- [Suicide Prevention: A School and Family Partnership](#)
- [Signs of Suicide \(SOS\) Parent Video](#)
- [Substance Misuse Prevention](#)
- [Parenting an Anxious Child: Counterintuitive Yet Evidence-Based Skills and Strategies](#)
- [Anxiety in the Context of Autism: What Parents Need to Know](#)





# Substance Misuse Prevention Initiatives

- Comprehensive instruction on alcohol, tobacco, and other drug (ATOD) prevention K-12
- Substance Abuse Prevention Specialists in every FCPS pyramid
- Comprehensive overdose protocol
- Naloxone stocked in all FCPS schools and buses
- Community overdose notification
- Prevention campaign encouraging help-seeking behavior and family communication.



**Become Unskippable**