



# *Forest Charter School*

*A Personalized Learning Program*  
*Accredited by the Western Association of Schools and Colleges*

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March 28, 2019

Dear Forest Charter Families,

Our staff cares about the mental health of our students. If you think your child may need additional mental health support, we want to help you get started. This letter contains information about how to access mental health services on our campus and in our community.

Our Nevada City and Truckee sites now have mental health support available on a part-time basis. Our Nevada City counselor can be reached at (530) 265-4823; our Truckee counselor at (530) 550-7205. Our on-site counselors do not generally provide ongoing therapy for students, but they can help you find the resources your student needs.

If your child is in crisis, every community provides a free 24-hour crisis service. Crisis counselors can help in an emergency (for example, if your teen is suicidal), and they will help you find ongoing support after the crisis has passed. If your family is facing domestic violence, there are additional 24-hour crisis lines dedicated to help. **Contact numbers for crisis services in Truckee, Auburn/ Forest Hill, and Nevada City are listed first in our “Local Mental Health Resource” list.**

Many families use their medical insurance to pay for mental health services. You can contact your insurance company to request a list of providers who specialize in work with children or teens. Some insurance plans, like Medi-Cal, cover the cost of therapy completely. Ask your insurance company whether your plan includes a deductible or co-pay fee. Therapy may be more affordable than you think.

If you're able to pay for counseling out of pocket, your options are extensive. Ideally, you can ask people you trust for recommendations. Your child's doctor may be a good place to start. Your pediatrician can help identify any underlying medical issues and refer you to counseling support (they often have recommendations). Some medical clinics even offer counseling on site. **Free and reduced-cost medical and mental health organizations are listed below the crisis contact numbers on our resources page.**

Please let us know if there's anything else we can do to help support your child's mental health.



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## **LOCAL MENTAL HEALTH RESOURCES**

### **Nevada City**

- Nevada County Behavioral Health **24-hour** crisis line (Grass Valley): (530) 265-5811
- Community Beyond [Domestic] Violence **24-hour** crisis line (Grass Valley): (530) 272-3467
  
- Sierra Family Medical Clinic (North San Juan): (530) 292-3478
- Chapa De Indian Health Clinic (Grass Valley): (530) 477-8545
- Western Sierra Medical Clinic (Grass Valley): (530) 274-9762
- Nevada County Children's Behavioral Health (Grass Valley): (530) 470-2736

### **Auburn/ Forest Hill**

- Placer County **24-hour** Child and Teen Help: (800) 852-8336 or (310) 855-4673
- Stand Up Placer County (Domestic Violence **24-hour** Hotline): (530) 575-5352
  
- Chapa-de Indian Health Program (Auburn): (530)887-2800
- Western Sierra Medical Clinic (Auburn): (530) 537-3000
- Placer County Children's System of Care (Auburn): (530) 889-6700

### **Truckee**

- Nevada County Behavioral Health **24-hour** crisis line (Truckee): (888) 801-1437
- Tahoe Safe Alliance 24/7 (Domestic Violence **24-hour** Hotline): (800) 736-1060
  
- Western Sierra Medical Clinic (Kings Beach-Tahoe): (530) 584-9762
- Nevada County Children's Behavioral Health (Truckee): (530) 582-7803