



# HEALTHY BODY HEALTHY MIND

TUSD is committed to supporting students' social emotional wellness. Student Services provides a variety of services and resources to support students & families.



## PREVENTION

Second Step, Zones of Regulation, Wellness Centers, Tobacco Use Prevention Education (TUPE)



## INTERVENTION

Group & Individual Counseling, TUPE  
Brief Intervention for students caught vaping or with tobacco

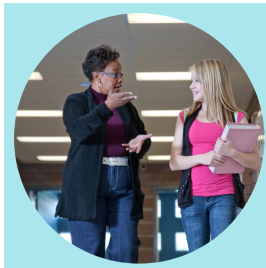


## INTENSIVE SUPPORT

Crisis counseling, Behavioral Intervention, Referral pathways



Wellness Centers



Counselors



Therapists



Mental Health Intern Program



Virtual Wellness Center

# MENTAL HEALTH & WELLNESS IN TUSD

District services include social emotional learning, building relationships, community building activities, and access to mental health/wellness services. The District has made the investment to have therapists at all secondary schools and a full time counselor at every elementary school. Student services has also expanded the Mental Health Intern Program to provide additional support for students at almost every school in the District. Counselors provide universal prevention services such as Second Step curriculum at Elementary schools and Wellness Centers, Tobacco Use Prevention Education (TUPE) and suicide prevention at secondary schools. Interventions are implemented by student services staff at schools to provide group or individual counseling, check-ins with students, teacher, and parent consultations and even Brief Intervention for students caught vaping.

Through the District's Building Bridges project, parents or staff, can also directly refer students for counseling services or inquire about any other resources.

TUSD has also established partnerships to provide families 24/7 access to mental health & wellness resources. Not only can families visit the TUSD Virtual Wellness Center online anytime online but they are urged to visit our partners.



Care Solace

<https://caresolace.com/site/torranceparents>



South Bay Families Connected

<https://www.southbayfamiliesconnected.org/tusd>