School-Based Mental Health Services 9-2-20

School based mental health services are available for children and their families who are attending Pelican Rapids Schools and include individual, group and family therapy.

These services are offered by Lutheran Social Services of MN at school during the school year and throughout the summer months.
As a result of COVID-19 restrictions these services are currently being provided through telehealth (video or phone).

Students or parents can access services by contacting Becky Aaland, LAMFT at becky.aaland@lssmn.org or 218-850-2297. Students or parents can also talk to the student's teacher, the school counselor or administrative staff and they will help connect you to mental health services.

School-Based Mental Health Services including therapy and skills-based interventions are provided to help with symptoms including:

- difficulty concentrating in class
- difficulty forming relationships and friendships with peers
- feelings that interfere with friendships and learning including sadness, fear, frustration, anger and anxiety, low self-esteem, conflict with parents and other authority figures
- self-harm or suicidal thoughts.

Becky Aaland, MA, LAMFT

Behavioral Health Services/Pelican Rapids Schools

becky.aaland@lssmn.org | 218-850-2297

Check-ins for students in grades 7-12 will resume with Mrs. Siebels, PRHS School Counselor once school begins.

lsiebels@vikes.us

Mrs. Siebels' PRHS School Counseling Page

Crisis Text Line is offering text-based suicide prevention services across Minnesota. People who **text MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources.

Crisis Text Line is available 24 hours a day, seven days a week. In Minnesota and across the nation, text suicide response services have been successful in helping people in need. Texting is the preferred way to communicate for many people — especially youth — and it is important to reach people where they are at when they are contemplating suicide or in crisis.