

# NRHEG Public Schools Mental Health Services for Students 2023-2024

Do you have a student showing signs of needing mental health support? Has your child told you they are feeling depressed, too angry, worried, etc.? Are you noticing your child having difficulties either in school or outside of school?

## **Some signs of possible mental health concerns:**

Anxiety, depression, grief, anger, poor self-esteem, being bullied or bullying, aggression, withdrawal, extreme shyness, hygiene concerns, not eating or eating in excess, distraction, fidgeting, not wanting to go to school, big/stressful life events, tantrums/meltdowns, or not wanting to participate in activities they typically enjoy.

*Outward signs may be minimal or hard to see, but you know your children best.*

NRHEG has three levels of support to help all students and families noticing any mental health concerns:

**For students that are generally doing well in the classroom and school-setting, but may have difficulty with peer groups, social situations, or with coping with big feelings:**

Taryn Wheelock

- Family Services Coordinator at the Elementary School

Liz Stiernagle

- School Counselor at the Secondary School

Brooke Krohn

- School Social Worker at both schools

**For students who are generally doing well in a classroom setting, but may be showing signs of mental health concerns:**

Christine Meeks, our Youth Mental Health Navigator, can help you navigate community resources to access timely and effective mental health support.



Greater Mankato Area  
United Way



**For students whose mental health needs are impacting the school environment or experience barriers to accessing community resources:**

The School Linked Mental Health partnership with Fernbrook Family Center. Children can meet with a therapist at school during the school day.



To access these programs or learn more about which program may be a good fit for your student, contact Brooke, Taryn, or Liz.

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