



SCHOOL LINKED MENTAL HEALTH SUPPORT SERVICES

Central Minnesota Mental Health Center has partnered with your school district to provide school based mental health services for students for a number of years. This information will assist families in understanding how to continue and/or access **mental health supports for teachers, staff, families and children**. **Mental Health Services are available throughout the school year and summer.**

- **Crisis Support** – 24/7 365 Toll Free Crisis Response Line 1-800-635-8008
- **Same day Trauma Informed Care Appointment/TIC** – Same day mental health appointments are available. **All appointments are provided through the telehealth format ZOOM.** If you would like, the SLMH therapist assigned to your school will also be available for a TIC appointment. Please contact one of the following clinics:
 - St. Cloud – 320-252-5010
 - Elk River – 763-441-3770
 - Monticello – 763-295-4001
 - Buffalo – 763-628-4400
- **School Linked Mental Health Services** – Comprehensive Mental Health Services in schools. **All are provided through the telehealth format ZOOM.**
 - For SLMH scheduling contact:
 - Sheri Tesch MS LMFT – M-F between 8:00 and 4:00
 - Phone: 612-219-6384
 - Email: stesch@cmmhc.com
 - Please note that we will continue to provide the grant-based support services to schools and students as we did prior to distant learning. We can provide consultations for teachers and staff, attend meetings and continue to ask that you involve us in student planning and support.
- Please also visit our website to find additional information regarding mental health services, community resources and support at <https://cmmhc.org/services/school-linked/>