



UUSD Counseling Center services are available at no cost to families of the Upland Unified School District. UUSD Counseling Center serves all students without regard to race, color, sex, religion, sexual preference, marital status, national origins, ancestry or disability.



UUSD Counseling Center

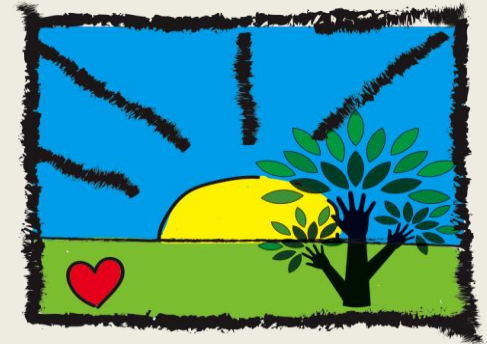
601 5th Avenue
Upland, CA 91786
(909) 949-6526 OFFICE
(909) 949-1070 FAX
(909) 921-7472 AFTER HOURS
Or 711 for TTY USERS

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Services provided in collaboration with
San Bernardino County
Department of Behavioral Health

Upland Unified School District Counseling Center



*Upland Unified School District
Counseling Center*

“Mental illness is common in every community. Recovery, too, can spring forth everywhere when we extend our care and compassion without judgment to all who are in need”

Gareth Fenley NAMI Award Recipient

When to Reach Out for Services

Sometimes children develop ongoing emotional problems. If your child is experiencing any of the following, your child may need help.

- Depression
- Anxiety
- Self-injuring Behaviors
- Defiance/Behavioral Problems
- Grief and Loss
- Hyperactivity
- Low Self Esteem
- Aggressive Behaviors
- Lack of Motivation

Our Mission

The Upland Unified School District (UUSD) Counseling Center assists and supports students and families to strengthen their social emotional wellbeing, and to maximize their quality of life.

Free Services

School-based counseling services are available for qualified students and families experiencing mental or emotional illness that are negatively impacting their daily and/or academic functioning. The services are provided at the UUSD Counseling Center and at the student's school site.

Services include:

- Individual counseling
- Family counseling
- Group counseling
- Parenting skills
- Case management (helping families find resources to meet their needs)
- Psycho-education for social/emotional problems
- Crisis intervention
- Referral to and collaboration with other community resources and agencies

Referrals

Referrals may be made by a student's school, parent/guardian and/or healthcare providers. Call the UUSD Counseling Center for more information or to make an appointment, 909-949-6526.

All children who are referred to the UUSD Counseling Center who meet financial qualifications will be assessed to determine if they meet clinical necessity for services.

The type, frequency and duration of the services provided by UUSD Counseling Center will be determined based on the needs of the student and/or family.



Children's Mental Health Matters!