

# About Us:

Under the Department of Mental Health and Wellness, our team offers a multidisciplinary approach to mental health support and wellness for children, adolescents, and their families.

We provide individualized services designed to meet the needs of our IUSD students and our community.

The IUSD Family Counseling Center (IFCC) values a philosophy and practice of acceptance, compassion, and support for those we serve in providing an emotionally safe and respectful environment.



Check-out our website!

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Jeffery Trail Support Villas  
2015 Roosevelt, Bldg. 8  
Irvine, CA 92620



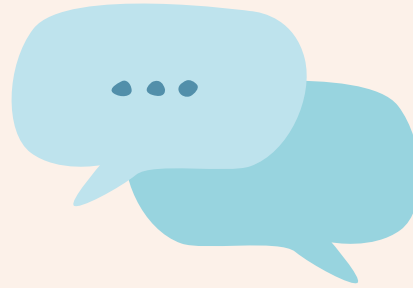
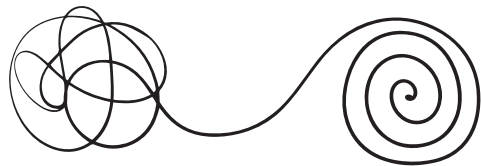
**Building Resiliency**  
**Empowering Individuals**  
**Strengthening Connections**

## Our Goal:

We aim to provide effective and individualized support for our clients dealing with mental health concerns in an intimate and confidential setting where we can foster connection, trust and growth.

Provide strategies to reduce anxiety, stress, depression, hopelessness, and support clients to enhance their life skills and interpersonal relationships.

Strengthen family communication, resolve conflict, and restore healthy boundaries.



## Services Provided:

- Short-term evidence-based mental health services for students and families
- Group Counseling
- Psycho-educational Workshops
- Counseling referrals to community agencies and other programs
- Referrals to school-based supports
- Tele-health services for individual and family support

*Our services are free to all IUSD students and families.*

For more information contact:  
Christine Guerrero  
Supervisor of Mental Health and Wellness  
(949) 936-8775

*Please note that we do not provide 24-hour crisis services at the IUSD Family Counseling Center.*

*If you are experiencing a life threatening emergency and require immediate assistance, please call 911 or go to your nearest hospital emergency room.*

### Crisis Support:

#### **Suicide and Crisis Lifeline**

Call or text 988

#### **OC Suicide Prevention and Crisis Line**

Call (877) 727-4747

#### **Teen Crisis Hotline**

Call (800) 448-3000

#### **Irvine Police Department (non-emergency)**

Call (949) 724-7000

#### **The Mobile Crisis Assessment Team (CAT)**

Call (855) 625-4657