

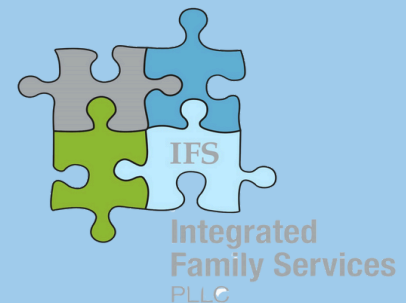
[illegible]

- How to Refer:** Online Referral or paper copies available at school



How to Refer: Online Referral

How to Refer: [Online Referral](#) or call 1.866.437.1821
(24 hours a day/ 7 days a week)



Why do I need to refer my students?

Connecting Youth to Care: A Clear Path to Behavioral Health Support in Bertie County Schools for Brighter Futures

Below are some guidelines for different providers and their services.



Mood & Emotional Regulation

- Emotional Dysregulation (ex: frequently crying, aggression, outbursts)
- Sleep Dysregulation (ex: oversleeping, trouble falling asleep, nightmares)
- Little interest in doing things or withdrawal
- Feeling down or depressed
- Self-harm and safety concerns

Behavioral & Interpersonal Skills

- ADHD
- Oppositional/conduct-related issues
- Peer conflict/difficulties
- School avoidance/absenteeism
- Communication skills
- Conflict resolution

Anxiety & Stress Management

- Anxiety (ex: social, generalized, separation, school avoidance, academic/performance based)
- Managing stress
- Adjustment difficulties (ex: big life changes, school/classroom adjustment, family changes/displacement)
- Self-soothing and regulation skills

Trauma & Coping with Loss

- Experienced trauma
- Grief processing
- Developing coping mechanisms
- Building support systems
- Terminal illness or significant health-related changes