



CRISTO REY OKC

Mental Health Counseling Department

Providing quality mental health care as part of a comprehensive student support system that emphasizes academic excellence and personal growth and development.

Why the Emphasis on Mental Health?

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with school and grades, decision making, and their health.

Mental health problems in youth often go hand-in-hand with other health & behavioral risks (increased drug use, experiencing violence, and higher risk sexual behaviors that can lead to HIV, STDs, and unintended pregnancy.)

Because many health behaviors and habits are established in adolescence that will carry over into adult years, it is very important to help youth develop good mental health.

At Cristo Rey OKC, we believe that helping students both academically and through mental health support is vital to their success. Mental Health support is available through individual counseling, group counseling, psychoeducational groups, and family consultation.

As part of our commitment to supporting student mental health, there is a full-time mental health counselor available during school hours.

- **20% of adolescents (ages 12-18) experience a mental health disorder annually.**
- **50% of all lifetime cases of mental illness begin by age 14.**
- **Only 17% of schools have full time mental health counselors.**

Parents, teachers, staff, and students can use our referral form to set up an appointment with one of our mental health counselors.

For more information, call the school office at **405.698.1300** or email a counselor.