



Mental Health Resources for Children, Parents, and Staff

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Head Start offers a variety of Mental Health Services designed to *help keep little problems little and make bigger problems easier to handle*. These services include:

- Local access to School Based Therapist
- Individual Classroom Observation
- Consultation with Licensed Mental Health Professional
- Help with Community Resources and Referrals

School Based Therapist Schedule

Central Elementary	Heather Kestner	Monday-Friday 8am-3pm
Flat Gap Elementary	Rachelle Kestner	Wednesday and Friday 8am-3pm
Highland Elementary	Tyler Mullins	Wednesday-Friday 8am-3pm
Porter Elementary	Tyler Mullins	Monday-Tuesday 8am-3pm
WR Castle Elementary	Brittany Collins	Monday-Friday 8am-3pm

Contact your child's Teacher, Family Advocate, or Big Sandy Area Community Action Program Head Start office at 606-789-1600 for more information.