



Torrance Unified Mental Health Supports

All Torrance Unified students have direct services available at school. These services include a full-time counselor at all schools and a therapist and wellness center at all secondary school. Contact your school's office for more information on these on-campus services. We also encourage parents to visit our partners:



Family and Community Engagement - SBFC's mission is to improve K-12 students' social-emotional wellness. We do this by connecting parents, guardians and teens with valuable resources, education and support, as well as reducing stigma around mental health issues and sparking conversations that inspire people to reach out for help when they need it.

<https://www.southbayfamiliesconnected.org/tusd>



Care Solace - 24/7/365 Mental Health Care Coordination Service for Torrance Unified School District Students, Staff, and their Families.

<https://caresolace.com/site/torranceparents>



Hazel Health - Torrance Unified School District's partnership with Hazel Health means your student can get high-quality telehealth care at no cost to your family. Students can get teletherapy at home on any smartphone, tablet, or computer. All Hazel Health visits are safe and confidential.

<https://getstarted.hazel.co/district/tusd>



BrightLife Kids - Personalized support for California families.

Kids ages 0-12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1 on 1 video sessions, secure chat, on-demand content, and more.

<https://www.hellobrightline.com/brightlifekids/>



Soluna - Completely free and anonymous mental health glow-up app for Californians ages 13 to 25. Mental health supports include 1:1 coaching, interactive tools, peer connection, and self-discovery + growth.

<https://solunaapp.com/contact>

