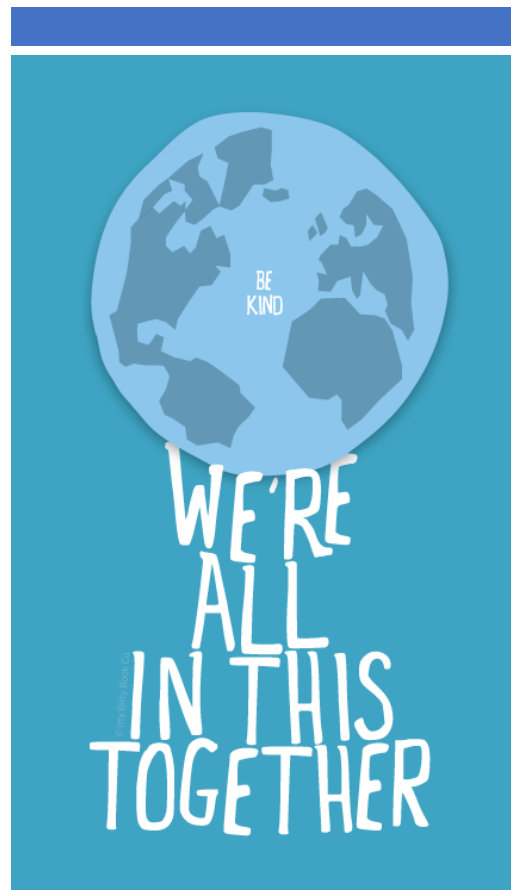


What is a Support Group?

A student support group is designed to give teens a safe place to talk about concerns, be heard, share ideas, and help other teens reach their goals. Leading the Teen Support Group will be a licensed therapist approved and supported by ECASD.

Make New Friends



Eau Claire Area School District We Care About You!

Mrs. Lisa Steig, B.S.W., M.S.
ECASD Mental Health Coordinator
Educational Administration EC-Adult
500 Main Street
Eau Claire, WI 54701
715-852-6330 (Mrs. Steig)
lsteig@ecasd.us

Teens Helping Teens

Teen Support Groups



Information for Student & Family
School-Based Mental Health



Confidential Teen Conversations About:

- Worries, Manage Stress and Fears
- Anxiety and/or Depression
- School and Family Concerns
- Friendships and Social Media
- Relationships with Family, Parents, Peers
- Gender and Sexuality
- Self-Care, Wellness, Goals and Dreams
- Anything you need to talk about can be discussed in a private, safe and caring setting.

Our ECASD students care and want to succeed! High School and Middle School students may self-refer to the program.

Moving Forward Together

**Anything is possible
when you have the
right people there to
support you.**



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We Care About You

Student Support Groups Work

One Recent Wisconsin Study of 1500 Students Who Participated in a Support Group Found:

- 67% experienced reduced symptoms
- 65% experienced increased functioning
- 76% reported progress toward treatment goals
- 77% reported feeling better about life
- 72% reported improved relationships with family and friends
- 74% reported doing better in school
- 58% showed improved academic performance
- 54% showed improved school behaviors
- 97% would return to therapy if needed
- 99% felt respected by the therapist and felt the therapist was caring and understanding

Source: Sheboygan Schools

How Can I Join a Support Group?

It's easy: Simply email or call your School Counselor

- Seats are limited & parent/guardian permission is required
- Middle School & High School groups are separate
- Please view ECASD School-Based Mental Health link below for more resources
- <https://www.ecasd.us/District/At-Home-Learning/Mental-Health>

No Cost to Join a Group