



# SUPPORTING TEACHER WELLNESS

## FREE telehealth counseling services

Teachers at CPLA partner schools may request up to four (4) FREE telehealth counseling sessions.

CPLA teacher counselors are experienced CPLA clinicians who understand our teachers' challenges.

If teachers desire to continue counseling, CPLA has arranged with CPLA partner clinicians to provide low-cost services for our teachers. They understand the difficult work of our teachers and want to be of service.

Please complete this form to request counseling:  
<https://forms.gle/EWbmBQsnsGwtjfoG8>

## Doing More For Our Teachers

“It takes a big heart to  
shape little minds.”

Being a teacher can be a rewarding and fulfilling vocation, but life stressors can prevent you from being your best self for your students and your family. Working in school settings make you particularly vulnerable to work-related stress.

CPLA can provide you with (4) FREE telehealth counseling sessions with a trained counselor.

In these sessions, you can identify and process current stressors and barriers.

We imagine these sessions as a way to start the conversation around teacher burnout, fatigue, stress, and mental health.

In addition, you can learn tools and techniques you can use both for yourself and your family.

A trusted and skilled teacher counselor will work with you to learn how to reduce stress and care for yourself in the midst of helping educate the next generation.

## Free Counseling Services for Teachers

Counseling Partners of Los Angeles



Counseling Partners of Los Angeles (CPLA) is dedicated to improving the lives of students attending schools in underserved areas of Los Angeles.

CPLA is now providing telehealth Counseling Services for teachers at our partner schools.

Please reach out to us at [teachers@counselingpartnersofla.org](mailto:teachers@counselingpartnersofla.org) if you would like someone to reach out to you to discuss how we can be of help.

# Issues We Can Help With

- Work-life balance challenges
- Compassion fatigue
- Marital/relationship problems
- Family issues
- Anxiety
- Managing stress
- Grief and loss
- Depression

## Key Topics Addressed In Teacher Counseling

- Understanding our emotions
- How to identify and build on individual strengths
- How we influence our students
- Identifying how our past influences who we are as teachers
- How to resolve conflicts with families
- How to build stronger connections with students
- How to increase your joy as a teacher

Teacher counseling services are made possible by the generosity of the Conrad N. Hilton Foundation.

## How We Can Help

Having supported out partner schools for over 10 years, CPLA understands the pressures and challenges of our teachers and are trained to help.

Teacher counseling can provide you with useful skills on how to cope with stress as well as a safe place to get emotions off of your chest.

## Why Choose CPLA's Counseling Services

You wish someone could help you come up with a plan to make things balance better between your home and work life.

You want to help learn how to instill self-care practices into your routine so that you can be your best self for your students and family.

You want a safe and confidential place to share what is on your mind and receive tips to make your work and personal life more manageable.

You want someone who understands the weight of responsibility you have as a teacher and is invested in our school communities.

“Children's mental health and teachers' mental health go hand in hand; you can't improve one without tackling the other.”

-Ava Shabrum Hasan

## Introduction to Teacher Counseling

Teachers are people too. They have strong feelings and emotions which sometimes get in the way of being able to be a calm and present teacher.

What we have learned about teaching from the last couple of years is that the profession is undervalued and overworked, with burnout rates increasing with the COVID-19 pandemic. Many teachers are overwhelmed and under-supported, facing mental health struggles and extreme stress on their own.

**"73% of teachers experience frequent job-related stress, 28% have symptoms of depression, and 59% report burnout."**  
- RAND Corporation

CPLA wants to help teachers feel less alone and burdened by work-related and personal stressors. That is why we are now offering teacher counseling in addition to student counseling, thanks to generous funding by the Conrad N. Hilton Foundation.

## For More Information

If you would like more information about CPLA, visit our website at <http://www.counselingpartnersofla.org>.

To inquire about receiving teacher counseling, email us at [teachers@counselingpartnersofla.org](mailto:teachers@counselingpartnersofla.org).

You will receive an email response within 3 business days.