

MEDIA KIT



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MENDING MATTERS

WHO WE ARE

Mending Matters works with school districts and community partners to offer customized therapeutic services for middle and high school students. By providing easy access to support, students can receive the meaningful care they deserve from qualified mental health professionals.

Together, we empower young people to create a future where they are equipped to face the ups and downs that are part of life.

SERVICES

- Mental Health Therapy
- Prevention Programs
- Restorative Services
- Telehealth/Virtual Programs

DISTRICTS

- Grossmont Union High School District
- Mountain Empire Unified School District
- La Mesa/Spring Valley District
- San Diego Unified School District
- Salinas Union High School District

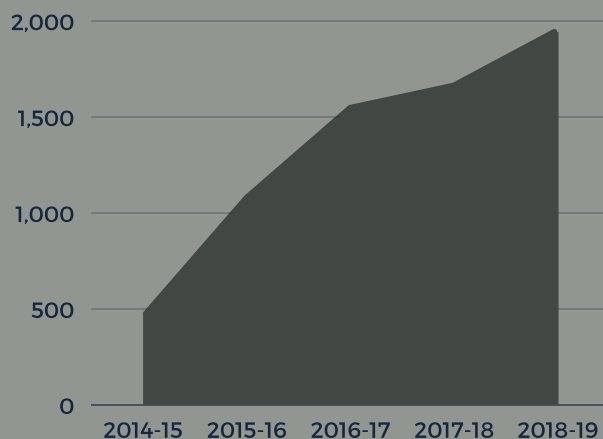
TOPICS

- Alternatives to Suspension
- Bullying & Harassment
- Restorative Practices
- School Engagement
- Social Emotional Learning
- Substance Use Prevention
- Telehealth
- Vaping
- [More Ways We Help](#)

1 IN 4 STUDENTS REPORT THAT THEY TALKED TO "NO ONE" ABOUT THEIR PROBLEMS. AFTER ATTENDING OUR PROGRAMS, STUDENTS WERE **4 TIMES MORE LIKELY** TO REPORT THAT THEY WOULD TALK TO A THERAPIST.

OUR IMPACT

309%
increase in
student
referrals
2014-2019



12,535

Students Served Since 2014

1,138

Students Offered Support
During COVID-19

MEDIA HIGHLIGHT

Featured in:

- [Vaping Feature in Fox5 San Diego](#)
- [SD Voyager Profile](#)
- [Press Release from Mountain Empire High School](#)