

- **School-based therapy is accessible and convenient.**

Nearly all communities have neighborhood schools, and children spend the majority of their time there; so school-based therapy makes services convenient, both for students and working families. Not to mention, almost all school-based therapy programs offer free individual, group and family therapy.

- **School-based therapy increases students' academic motivation.**

Mental-health concerns often lie at the root of school problems. But school-based therapy offers a wraparound support system that situates treatment within a specific learning context and school community. Issues with teachers or other students, for example, can be resolved on site. As a result, student engagement usually improves, while teacher burnout decreases.

- **School-based therapy offers an inclusive and safe space.**

Students from marginalized communities and underrepresented backgrounds are more likely to experience bullying, and therapy can serve as a place to talk through these stressors, as well as any other identity-development issues. For LGBTQ+ students, in particular, the fact that school-based therapy is confidential and does not require parental consent is a big draw.

School-based therapy also has the potential to buffer minoritized students from the school-to-prison pipeline, since LGBTQ+ students and students of color, among other marginalized groups, are frequently criminalized for defending themselves against bias-related bullying.

- **School-based therapy eradicates mental health stigma.**

Schools play an important role in creating a stigma-free society. School-based therapy does just that by promoting therapy as a pathway for wellness, not a medical service that pathologizes students with illness.

School-based therapists are also keen on dissociating themselves from disciplinarians, and most schools advertise therapy as a voluntary program. Granted with the autonomy to start or stop therapy at any time, students feel no shame about giving it a try. Many of the students I worked even recommended therapy to their family and friends after the experience!