

Mental Health Support

FOR SCHOOLS

EMPOWERING SCHOOLS. STRENGTHENING COMMUNITIES.



Schools hold so much more than academics. They hold stress, grief, trauma, and growth. Wings of Warriors partners with schools to build the knowledge, tools, and confidence staff need to show up fully for every student, and for themselves.

What We Offer

INDIVIDUAL SESSIONS & CUSTOM PACKAGES



Staff Training

Skill-building workshops for educators, tailored to your school's needs.

Consultation

Ongoing guidance for navigating teacher, student, and parent concerns.



Situational Support

Responsive assistance for challenges as they arise.



Why It Matters

1. REDUCE LIABILITY
2. SUPPORT STUDENTS & STAFF
3. PEACE OF MIND FOR FAMILIES

Available trainings may be customized based on the needs, age range, and culture of each school. Sessions are designed to be practical, compassionate, and immediately useful for teachers, administrators, coaches, and support staff.

Trainings

Understanding Student Anxiety in the Classroom: Practical strategies for recognizing anxiety, reducing avoidance, and supporting students through worry, panic, perfectionism, and stress.

Body Positivity & Student Self-Worth: Training on body image development, body-safe language, weight stigma, food/body talk, and creating a school culture that supports healthy self-worth.

Neurodiversity-Affirming Classrooms: Supporting students with ADHD, autism, sensory needs, executive functioning challenges, and learning differences through practical classroom strategies.

Friendship Conflict, Social Drama & Relational Aggression: Practical guidance for responding to exclusion, gossip, peer conflict, bullying concerns, and social-emotional struggles.

Supporting Students Through Grief and Loss: Helping staff respond compassionately to students experiencing death, divorce, illness, family disruption, or major life changes.

Staff Burnout, Compassion Fatigue & Educator Wellness: Supporting teachers and school staff as they manage emotional labor, stress, difficult interactions, and professional exhaustion.

Classroom De-escalation Strategies: Tools for reducing power struggles, responding to challenging behavior, and helping students return to regulation.

Meet Lori Long

MEd, LPC, NCC

Lori Long is a licensed professional counselor, certified special education teacher, and founder of Wings of Warriors Counseling and Calm Bird Organization (501c). With over two decades in education and clinical settings, including serving as founding principal of two behavioral schools, she has dedicated her career to supporting children with complex emotional and behavioral needs.

Lori's work is rooted in a simple but powerful belief: behavior is communication. She helps children, families, and educators understand the emotional needs beneath the behavior, guided by compassion and a deep commitment to seeing children more fully.



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