



Real Help for Real Life

In an “always on” society, children and youth are suffering from unprecedented levels of mental anguish

Youth ages 6 to 17 struggle with anxiety, depression, bullying, family conflicts and more.

Before the COVID-19 pandemic and even more so after it, families have been experiencing levels of stress that are increasing with each passing year. From economic uncertainty to social pressures and screen dependency, the impact transcends geographic, racial and economic boundaries. The effect on adolescents is disturbing, and reports of poor mental health are increasing.

In a 2021 CDC survey, 37% of high school students reported poor mental health and 44% reported feeling persistent sadness or hopelessness. More recently, a 2025 study by the Child Mind Institute discovered that both parents and youth agree that loneliness, bullying and academic pressure are among the most urgent threats to youth mental well-being.

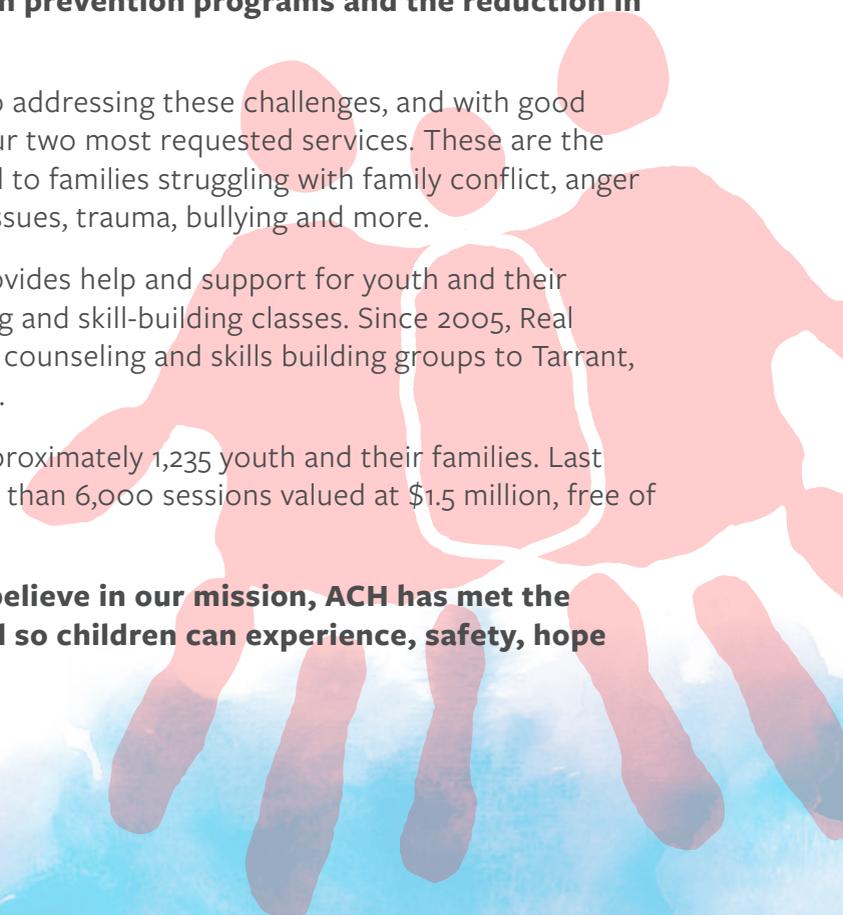
Research points to a correlation between prevention programs and the reduction in child abuse and neglect.

ACH believes that early intervention is key to addressing these challenges, and with good reason — counseling and skill building are our two most requested services. These are the least intrusive intervention services provided to families struggling with family conflict, anger issues, school related issues, mental health issues, trauma, bullying and more.

The ACH Real Help for Real Life program provides help and support for youth and their families through Youth and Family Counseling and skill-building classes. Since 2005, Real Help for Real Life has provided free bilingual counseling and skills building groups to Tarrant, Johnson, Parker, Palo Pinto and Hill counties.

On average, the program annually serves approximately 1,235 youth and their families. Last year, Real Help for Real Life conducted more than 6,000 sessions valued at \$1.5 million, free of charge.

Thanks to the generosity of those who believe in our mission, ACH has met the need for free professional services — all so children can experience, safety, hope and love.





Real Help for Real Life provides professional help at no charge

Issues facing children and youth need to be addressed as a family. That's why our counselors and family support specialists provide strength-based counseling and education about the effects of childhood trauma. Learning together reduces instances of conflicts at home and increases the protective factors that lead to positive outcomes.

Last year, families who completed our sessions reported a 90% success rate.

Youth and Family Counseling

Our friendly and knowledgeable staff create a warm environment, which is a great way to introduce kids and families to talk-therapy. Counseling services assess individual needs and family dynamics and identify goals to direct the course of services.

Youth and Parent Skill-Building Classes

These classes help youth and parents develop specific skills to overcome common real-life challenges that stem from issues like bullying, school-related matters and conflicts at home. Classes are offered free of charge, with flexible scheduling for busy families.

Resource Navigator

We help address basic needs arising from financial difficulties as well as helping to navigate difficult mental health needs like finding long-term counseling with limited or no health insurance. For youth with complex needs, we can even assist families in advocating for specialized educational services.

Learn more about Real Help for Real Life at ACHservices.org/programs/real-help-for-real-life

