

SCHOOL MENTAL HEALTH HOME CONNECT NEWSLETTER

MAY 2023



Woodlake Elementary

Meredith Marco



WE SHOULD MAKE IT CLEAR THAT GETTING HELP ISN'T A SIGN OF WEAKNESS—IT'S A SIGN OF STRENGTH.
— MICHELLE OBAMA

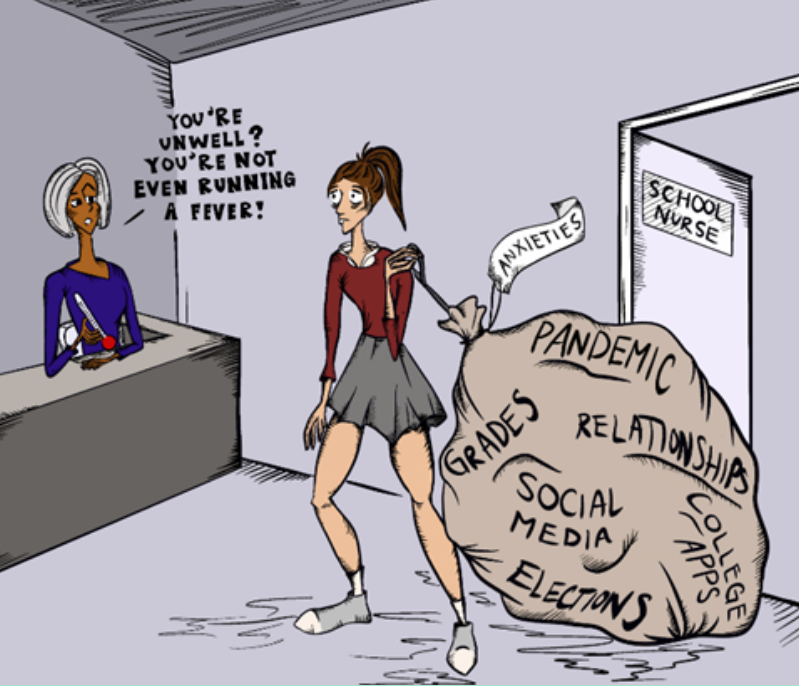
MAY IS MENTAL HEALTH AWARENESS MONTH

This is a time to raise awareness around mental wellness as well as elevating the voices of those living with mental illness to help reduce the stigma that so many experience. Each year millions of Americans face the reality of living with a mental illness; therefore, the month of May is dedicated to addressing mental health needs, promoting overall mental health, and providing communities with critical information to understand the continuum of mental health.

School Mental Health, along with LAUSD educational partners, work tirelessly to combat mental health stigma by educating and advocating for protocols that support students and families with mental illnesses, and providing direct services and supports to LAUSD schools.

I THINK IT'S REALLY IMPORTANT TO TAKE THE STIGMA AWAY FROM MENTAL HEALTH... MY BRAIN AND MY HEART ARE REALLY IMPORTANT TO ME. I DON'T KNOW WHY I WOULDN'T SEEK HELP TO HAVE THOSE THINGS BE AS HEALTHY AS MY TEETH?

— KERRY WASHINGTON



TIPS ON HOW YOU CAN SUPPORT YOUR CHILD'S MENTAL HEALTH:

Model Healthy Coping Skills: You can help your children learn how to deal with their emotions in a healthy way by modeling coping skills at home. You can engage in these skills with your child or talk them through doing them on their own.

Keep Communication Open and Honest: It's important that your child knows they can approach you with any issue, and that they will be received and listened to with love and support. Remind your child that there are no "bad feelings"

Know When to Get Professional Help: If you notice a drastic change in your child's behaviors or demeanor, reach out to a mental health professional.

TIPS ON HOW YOU CAN STAY COMMITTED TO YOUR MENTAL WELLNESS:

Take Care of Yourself: Life has numerous ups and downs. Some are solvable and others not so much. When your mental health is suffering, make sure to take some time for yourself

Take Care of Your Loved Ones: Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen to. Know the signs when it would be beneficial to refer them to a mental health professional.

One of the best ways to celebrate mental health awareness. **MENTAL HEALTH IS AN EVERYBODY ISSUE!**



Resources

- *If you or someone you love is experiencing a mental health crisis/emergency contact 9-8-8 or any of the numbers below.*
- LAC Department of Mental Health ACCESS Line 800-854-7771
- Crisis Text Line (24/7) Text "LA" to 741741
- LA County Emotional Support Line 800 854-7771, press 2 for emotional support. Daily from 9am-9pm
- LAUSD Wellness Hotline: 213-241-3840
- NAMI (National Alliance on Mental Illness) www.nami.org