

Family Communication

October 10

World Mental Health Day



Dear Eagles (Insert School Name or Mascot Here) Family,

Good morning Eagles (insert school name or mascot here)! Today is World Mental Health Day! We want to participate by raising awareness of mental health issues and mobilizing our efforts in support of our student's mental health.

This day provides an opportunity for our mental health counselors to talk about their work, and what you can do to make mental health care a reality for all. Remember, we value talking, dealing, and feeling! You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

With depression and anxiety at historic highs in our youth population, it is critical to openly discuss how to prevent and treat mental health issues. Get more information www.KnowYourNeuro.org.

For questions or more information, please contact me.

School Official's Signature and Contact Information