



# MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

## STOP THE STIGMA

*One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment.*

## TREATMENT HELPS!

Schools are often one of the first places where mental health crisis and needs of students are recognized and initially addressed. Many professionals within a school help to support students' positive mental health. These include school social workers, school counselors, school psychologists and school nurses.





# MAYO ES EL MES DE LA SALUD MENTAL

**La salud mental afecta al razonamiento, los sentimientos y la conducta. También condiciona nuestra reacción a la ansiedad, las relaciones sociales y las decisiones que tomamos.**

## **ACABEMOS CON EL ESTIGMA**

Uno de cada cinco estadounidenses sufre alguna enfermedad mental. El estigma de estos pacientes es un obstáculo para su tratamiento y bienestar porque genera en ellos vergüenza y temor. El silencio no es la solución.

## **LA SOLUCIÓN ES EL TRATAMIENTO**

**En ocasiones, las escuelas son el primer sitio donde se observan los síntomas y se inicia el tratamiento. Muchos profesionales de la escuela cuidan de la buena salud mental de los niños, entre ellos los trabajadores sociales, los consejeros escolares, los psicólogos y los enfermeros.**



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## The School Counselor and Social Worker Role:

School Counselors and Social Workers:

- focus their efforts on designing and implementing comprehensive programs that promote academic, career and social/emotional success for all students.
- help identify and address students' mental health issues.
- promote positive, healthy behaviors and seek to remove the stigma associated with mental health issues.
- provide internal and external referral procedures, short-term counseling or crisis intervention focused on mental health or situational (e.g. grief, difficult transitions) concerns with the intent of helping the student return to the classroom and removing barriers to learning.
- provide school-based prevention and interventions for students with mental health and behavioral health concerns,
  - direct students and parents to school and/or community resources for additional assistance through referrals that treat mental health issues (suicidal ideation, violence, abuse and depression)

Although school counselors and social workers do not provide long-term mental health therapy in schools, they provide a comprehensive school counseling program designed to meet the developmental needs of all students

## Crisis Hotline Numbers

### Suicide Prevention Hotline

1-800-273-8255

### Crisis Hotline

210-223-7233

### Youth LGBTQ Crisis Line

1-866-488-7386

### Self-Injury

### Prevention Hotline

1-800-366-8288

**If you or someone you know is in crisis, seek help immediately.**

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## Let's Talk

## About Mental Health



## *What is Mental Health?*

### Student Support Services

900 S. San Eduardo

San Antonio, TX 78237

210-444-4982

## What is Mental Health?

Mental health is the foundation for thinking, communication, learning, resilience and self-esteem. Mental health is also key to relationships, personal and emotional well-being and contributing to community or society.

Many people who have a mental illness do not want to talk about it. Mental illness is nothing to be ashamed of. It is a medical condition, just like heart disease or diabetes. Mental health conditions are treatable. Treatments are available to help people successfully manage mental health conditions.



Mental illness does not discriminate; it can affect anyone regardless of your age, gender, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity. Mental illness can occur at any age, .

Mental illnesses take many forms. Some are fairly mild and only interfere in limited ways with daily life, such as certain phobias (abnormal fears). Other mental health conditions are so severe that a person may need care in a hospital.

## Know the Signs

It is especially important to pay attention to sudden changes in thoughts and behaviors. Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums
- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Social withdrawal
- Dramatic changes in eating/sleeping habits
- Strong feelings of anger
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there
- Growing inability to cope with daily problems
- Suicidal thoughts



## What to Do

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

Many professionals within a school help to support students' positive mental health. These include school counselors, social workers, school psychologists, school nurses, and other specialized instructional support personnel.

It is important to get appropriate care.

You should:

- Talk to your child's doctor, school nurse, or another health care provider and seek further information about the behaviors or symptoms that worry you.
- Ask your child's primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems.
- Talk to your medical provider about any medication and treatment plans.

If you or someone you know has a mental health problem, get help. Studies show that most people with mental health problems get better and many recover completely.



It's OK to get help