

Thank you to everyone who was able to join us last night for the HCASC meeting to discuss mental health supports in our schools. Our conversation focused on a variety of topics including seeking out school counselors and trusted adults in school, coping strategies, breaking down the stigma around mental health, and addressing barriers to reaching out for help.

There are many ways to access support through the Student Services office at your school. One point of contact is your school counselor but you can also access other staff members with whom you have a positive relationship (e.g., administrator, school psychologist). If you have questions about mental health resources, visit the Student Services office to make an appointment.

For those who were unable to join us we wanted to highlight a few resources shared:

- [HCPSS Mental Health and Wellness webpage](#): Access links to a number of resources with guidelines, strategies, and tips for supporting students Mental Health and Wellness.
- [988 Suicide & Crisis Lifeline](#): Call or Text 988 24/7 for free and confidential emotional support to people in suicidal crisis or emotional distress.

Thank you for your advocacy around mental health topics and support of your peers. Your leadership is critical in this work and we appreciated our time with you. If you have any further questions, about these resources or any other support, your school counselor will be happy to assist you.

Thank you,

Kate Cramer, Instructional Facilitator, Psychological Services  
Liz O'Connor, Instructional Facilitator, School Counseling