



USD 501 and FSGC offer “Mental Health Check-In” on Monday

You spend a lot of time concerned about students’ and colleagues’ well-being. Now here’s an opportunity to take care of yourself.

USD 501 and Family Service & Guidance Center (FSGC) have partnered to offer a free **Mental Health Check-In** on Monday, February 21, from 8 a.m.-5 p.m. Any USD 501 staff member can sign up for a free 20-minute consultation with an experienced, licensed mental health care provider.

If you need some support, encouragement, stress management advice, tips on managing kids in the classroom or ideas for recharging, this is for you. Having a Mental Health Check-In is easy!

1. Click on one of the three links below to see each individual providers scheduling availability.

<https://calendly.com/iwatson-2010/mental-health-check-in> (Jennie Watson, FSGC)

<https://calendly.com/ksmothers-fsgc> (Karen Smothers, FSGC)

<https://calendly.com/crussell-21> (Chrissy Russell, Valeo)

2. Click the session you’d like to attend, and you’ll receive a Zoom link to your Mental Health Check-In via e-mail.
3. Be sure to log into Zoom 10 minutes before your consultation time.
4. Relax in the “waiting room” until your session starts.

USD 501 and FSGC understand how especially difficult your job has been. The past two years have been incredibly challenging. We want to provide this extra opportunity for you to take care of you!

The number of Mental Health Check-In slots are limited and will be first-come, first-served. Please note that your consultation is not therapy.

Thank you