

*“Promoting Academic Success for Every Student”
A Division of the American School Counseling Association*

DATE: April 29, 2025

TO: School and Community Leaders

FROM: Dr. Loretta Whitson, Executive Director

**RE: ANNOUNCING STUDENT MENTAL HEALTH AWARENESS WEEK IN CALIFORNIA MAY 05-09, 2025
REQUESTING LETTERS OF SUPPORT: SCR 64 (RUBIO)**

SCR 64 (Rubio) *Student Mental Health Week* sets aside May 05-09, 2025, to bring awareness to California’s children and youth mental health needs. The California Association of School Counselors (CASC) encourages you to take decisive action to draw attention to this critical issue by:

- Supporting SCR 64. Sample letter is [here](#). **California Legislation** submission portal is [here](#).
- Utilizing materials to host local awareness campaigns (i.e.: sample lessons, social media posts, school marquee displays, sample media announcements) [here](#).
- Distribute links to FREE webinars designed for counselors, teachers, and others.

05MAY – ***Out of Spoons: Understanding and Supporting Neurodivergent Student Burnout***

Brandon Gernux [Register](#)

06MAY – ***From Job Searching to Interview: Supporting Your Mental Health in the Job Search Journey***

Diego Castro and Brandon Castro [Register](#)

07MAY – ***Every Day, Everyday Mental Health: Consistent, Sustainable School Counseling Practices for Wellness***; Dr. Aubrey Uresti [Register](#)

08MAY – ***Becoming Empowering Change Agents: A Transformative Dialogue on the Linkage Between Mental Health and Systemic Racism***, The CASC Committee for Social Justice, Equity, and Anti-Racism [Register](#)

Other Promotional Materials

- Sample public service announcement - [Click Here](#)
- Sample social media posts - [Click Here](#)
- Sample marquee announcements - [Click Here](#)
- Toolbox including instructional and professional development material - [Click Here](#)
- CASC 4-minute video, [Finding Pathways, Healing Hearts](#) highlighting mental health support.
- Schools and Mental Health Considerations - [Click Here](#)

MENTAL HEALTH: Children and youth mental health issues are real, widespread, and treatable. Latest studies indicate that one in five students have mental health issues and adverse childhood experiences have been shown to have lasting harmful impacts if not addressed. Tragically, suicide remains the second leading cause of death for adolescents. Researchers have found that the rate of mental health disorders in children and youth has steadily increased over the past two decades. One recent study linked the effects of the pandemic to a 91% increase in adolescent mental health crises.