

Mental Health & Wellness: Respect & Compassion in Our Community

As we move into spring, we're focusing on two powerful traits that help our school thrive: **Respect** and **Compassion**. These values create a safer, more inclusive, and more caring environment for everyone.

What Does It Mean to Show Respect?

Respect means treating ourselves, others, and the environment with care. It includes:

- Asking for what you need, when you need it
- Being considerate and courteous in words and actions
- Cleaning up after yourself and caring for shared spaces
- Accepting that others may think, feel, or act differently than you

What Does Compassion Look Like?

Compassion is noticing when someone is struggling and choosing to help. It includes:

- Listening well and showing understanding
- Restating someone's words so they feel heard
- Reaching out to support others - when and how they need it
- Letting go of judgment and being kind, even when it's not easy

Try This at Home

Ask your scholar:

- "How did you show respect today?"
- "Did you notice anyone who needed help this week? What did you do?"
- "What's one way we can care for a shared space - at home or school - this weekend?"

Need Help Finding a Therapist for Your Teen?

If your child is struggling with emotions, stress, or relationships, individual counseling can be a great support. Here are some ways to find a local therapist:

- **Start with the School Counselor** – They can offer a list of trusted providers.
- **Ask Your Pediatrician** – Many primary care providers have referral lists for mental health care.

- **Check with Your Insurance Provider** – Log into your plan’s website or call for a list of in-network providers.
 - **Use Online Directories** – These sites let you filter by location, insurance, age group, and specialty:
 -  [Psychology Today – Find a Therapist](#)
 -  [Therapist.com](#)
 -  [GoodTherapy.org](#)Use keywords like **“teen,” “adolescent,” “Chatham County, NC”**, and filter for issues like **anxiety, depression, or school stress**.
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Additional Support in Chatham County

- **Daymark Recovery Services** – (919) 663-2955 | [daymarkrecovery.org](#)
- **Monarch Mobile Crisis Services** – (800) 568-7235 | [monarchnc.org](#)
- **Crisis Support** – Call or text **988** for immediate help

Let’s finish the school year strong by leading with respect, compassion, and care for one another. 