



# Counselor's Corner

May 3<sup>rd</sup>- 7<sup>th</sup>, 2021

## Children's Mental Health Awareness Week



Children's Mental Health Awareness Week is held every year during the first week of May (National Mental Health Awareness Month). It is a national campaign that raises awareness and funds to promote better mental health for children. The 2021 Children's Mental Health Awareness Week theme is "Flip the Script on Mental Health."

Below are some tips from the National Federation for Families for how parents help support their child's mental health.

- **Start the conversation:** Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.
- **Trust your gut:** You know your child best! If you believe your child is struggling or needs help, trust that feeling.
- **Be a role model:** Show your children it is ok to talk about and care for their mental health by taking care of yourself.
- **Ask for help:** Get a referral to a mental health specialist, if needed. Provide your child with every opportunity to receive treatment and support – just as you would for a broken arm or a fever.
- **Connect with others:** You are not alone; 1 in 5 children experiences a mental health condition. Connect with other families who can offer support, help and resources.
- **Team up:** Build a team with the professionals and child-serving systems involved in your child's life. An open and honest dialogue with teachers, coaches, doctors and others will give them the information they need to support your child.

Visit this link to find a variety of Children's Mental Health Awareness Week activities, worksheets and videos for children and youth, as well as, additional online resources: <https://www.ffcmh.org/cmha-activities-for-youth>

**Mrs. Jocelyn Cavallo**  
**School Counselor**  
**Email:**  
[JCavallo@Kyrene.org](mailto:JCavallo@Kyrene.org)  
**Phone:**  
**480-541-7022**

## St. Mary's Program

The next delivery date for St. Mary's food bags will be **Thursday, May 20<sup>th</sup>**. If you would like more information on this food assistance program or if you would like to enroll in this program, please email Mrs. Cavallo.

## Kyrene Family Resource Center (Food. Clothing. Hygiene. Connections)

For support with immediate needs, including: food, gently used school clothing, hygiene supplies, school supplies, and connections to outside agencies/resources visit:

<https://www.kyrene.org/domain/575>

## Southwest Behavioral & Health Services

<https://www.sbhservices.org/>

Outpatient counseling services for students are available through our school-based provider, Southwest Behavioral Health. For information and referrals, please contact Mrs. Cavallo