



Middle School Counselor's Newsletter Special Edition



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May is Mental Health Awareness Month



May is the month when we focus on mental health awareness. This is an opportunity to understand mental health issues and encourage people to seek help. Mental health affects how we think, feel, and behave, and it's important at every age. Our emotional, psychological, and social well-being determine how we deal with stress, connect with others, and make healthy choices.

Mental Health Awareness Month has been observed in the United States since May 1949 and was initiated by Mental Health America. The goal is to decrease the stigma around mental health and promote mental wellness.

Benefits of Mental Health Education

At Saint Theresa Catholic School, we care about our middle school students' well-being and academic success. Research shows that taking care of teenagers' health can lead to better academic performance, social skills, responsible decision-making, and overall well-being. That's why we offer accessible resources to every student, and student services help staff identify and refer students to mental health professionals or community resources if warning signs appear. We believe that parental involvement is critical, and that's why we keep parents informed of their child's behavior and academic progress. We participate in Mental Health Awareness Month this May, which is an opportunity to discuss issues that can affect our middle school students. We believe that by providing early intervention, identifying warning signs, referring students to appropriate resources, and promoting positive communication, we can help teenagers achieve lasting well-being and success.

Why Mental Health is Important?

Prioritizing the well-being of individuals is vital, and this can be achieved by acknowledging the importance of both mental and physical health. People who suffer from depression and other mental illnesses may be at an increased risk of developing long-lasting health conditions such as heart disease or stroke. Similarly, having chronic physical conditions may also increase the risk of mental illness. Therefore, individuals must maintain a balance between both dimensions of health to achieve overall well-being.

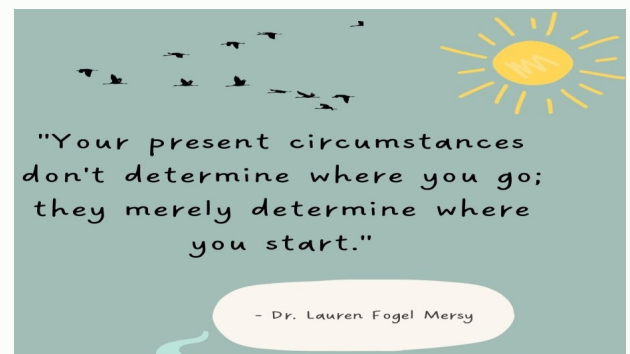
The significance of raising awareness regarding mental health for students cannot be overstated. As parents, it is our responsibility to assist them in this regard. By doing so, we can equip them with tools and knowledge to manage their mental health effectively, as well as help them recognize the early signs of distress. This proactive approach can help prevent mental health issues from escalating into more severe problems. Therefore, it is essential to prioritize mental health awareness in our children's lives and offer them the support they need to navigate their mental health challenges.

The following are recommended in maintaining good mental health:

- Exercise regularly, eat balanced meals, and sleep for at least 7 to 8 hours a day
- Maintain genuine, supportive, and enduring relationships
- Practice optimism by saying positive and grateful comments about yourself and others
- Perform acts of kindness as helping someone boosts self-esteem and sense of purpose
- Seek medical professional help if needed

Read more:
 Difference Between Mental Health and Emotional Health
<http://www.differencebetween.net/science/health/difference-between-mental-health-and-emotional-health/#ixzz8XCL6UqqK>

Your Healthiest Self: Wellness Toolkits
<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits?scrllybrkr>



For additional resources on Mental Health Awareness, you may access the following information by opening the link below.

→ <https://www.cdc.gov/mentalhealth/index.htm>

→ <https://www.schoolcounselor.org/Magazines/May-June-2009/Cause-for-Concern>