

Guidance

May is MENTAL HEALTH MONTH



May is Mental Health Awareness Month and a great time to become more informed of mental health challenges our students may face. Every person has mental health and wellness needs, and the more we are proactive in supporting and recognizing these needs, the better outcomes we all have.

Here in Avon, we care about and support our students' mental wellness by having a guidance counseling staff who are available and able to offer social and emotional support to students as needed. If it is identified that students require more in depth support, we also have a mental wellness program with licensed clinical social workers who can support students through small groups or individual sessions. If students and families find that they want more intensive support, Avon schools partner with Cummins Behavioral Health, and students may be eligible to attend sessions with trained therapists right here in our building during the school day.

While the summer offers students a much deserved break, it is also a time where there may be less structure and routine, causing students to feel off balance. If you are in need of helpful tools to explore mental health and wellness with your student, please look into the website www.mentalhealththishealth.us to search a variety of topics and resources related to coping with and managing challenges they may be facing. If you are interested in or looking for a local provider, please check out Hendricks County Health Partnership (click on box to the right) for a comprehensive list of mental health resources in our area.



THE GUIDANCE OFFICE STAFF WISHES YOU A WONDERFUL SUMMER!

The Guidance Office clerical staff is in this summer, and our counselors will be on summer break until the last part of July. Our Avon students' well-being is very important to us. We want to make sure during the summer months that you have the resources you need at your fingertips. In addition to the website and Hendricks County Health Partnership noted above, here are more opportunities that are available:

If you or our child is in need of immediate mental health help, please contact 911 or click below for the National Suicide Prevention Hotline.



Avon Schools partners with Cummins Behavioral Health System. Call 1-888-714-1927 or click below for more information and to set up an appointment.



Check out our ACSC Counseling and Mental Wellness page by clicking on the box below. Be sure to explore the [Virtual Calming Space](#).



INDIANA ONLINE SUMMER COURSES If your student is taking classes through Indiana Online this summer, be sure they are staying current on their work, they are completing assignments, and progressing on time. Look for emails from Indiana Online with important deadlines and end dates.

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Mental health—how you think, feel and act—can change over time due to factors like workload, stress and work-life balance. The COVID-19 pandemic and quarantining certainly qualify as stressful factors.

1 in 5 Americans experience mental illness each year.

1 in 25 Americans live with a serious mental illness.

2.4 million live with schizophrenia.

6.1 million live with bipolar disorder.

16 million live with major depression.

42 million live with anxiety disorders.

Here are some strategies to help you thrive during uncertain times:



Find the positive.

It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.



Create healthy routines.

Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

Connections help enrich your life and power through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during these trying times, you're not alone. If you have concerns about your mental health, please contact a mental health professional.