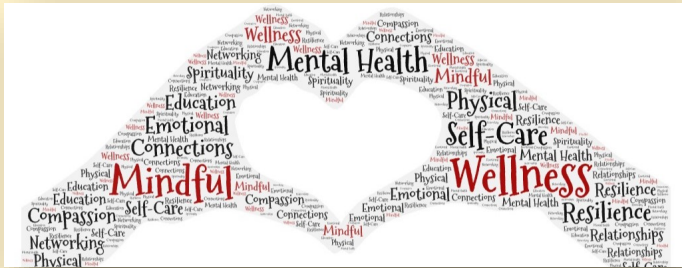


Guidance



MENTAL WELLNESS IS AN IMPORTANT PRIORITY AT AVON

WHERE SHOULD I START IF I HAVE CONCERNS ABOUT MENTAL HEALTH?

- **YOUR CHILD'S COUNSELOR** — Avon High School's counselors are well-equipped to handle many social and emotional issues. They are a great place to start if your child is having mental health challenges, and they can then direct your child to additional services if needed.
- **OUR MENTAL WELLNESS PROVIDERS** — AHS has two excellent staff members whose sole focus is to support our students and provide guidance and resources for better mental health. Miss Brittany and Mr. Hines both offer group mental health support as well as individual support as needed. Mr. Hines started this semester in a part-time role and is a welcome addition to our guidance team.



**MS. BRITTANY
CHEVIRON**



**MR. GREG
HINES**

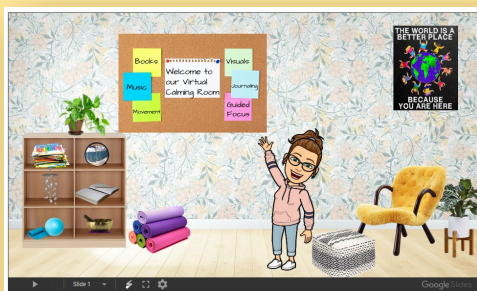
WHAT OTHER RESOURCES ARE AVAILABLE FOR MY STUDENT & FAMILY?

- **AVON SCHOOL CORPORATION'S [COUNSELING AND MENTAL WELLNESS WEBPAGE](#)** — The [Parent Resources](#) tab has several mental health resources and education materials. Be sure to click on the "Community Resources" links to see what is available in Hendricks County and in surrounding areas.



**Hendricks County
Health Partnership**

WHAT OTHER TOOLS CAN HELP POSITIVELY MANAGE MY EMOTIONS?



- **VIRTUAL CALMING ROOM** — Available [here](#) on the Mental Wellness webpage, the Virtual Calming Room can be an excellent online resource for peaceful emotional regulation. Many different types of calming sounds, pictures, and activities can be accessed by clicking on the items in the room.