

## Mental Health Awareness Month

May is Mental Health Awareness Month and this is 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 group sessions. If students and families find that they want more intensive support, Avon schools partner with Cummins Behavioral Health, and students may be eligible for individual services 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.mentalhealthishealth.us](http://www.mentalhealthishealth.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 picture below) for a comprehensive list of mental health resources in our area.



**Hendricks County**  
**Health Partnership**

## End of the Year Information

- **COLLEGE BOOT CAMP**

Need help filling out the Common App and writing a college application essay? A College Boot Camp will be offered this summer for rising seniors. [Click here](#) to register.

- **FINAL TRANSCRIPTS FOR SENIORS**

Final transcripts will be sent to the student's requested college at the end of the semester.

- **ORIOLE PREVIEW DAYS**

Make sure you and your student attend either the July 13th or July 20th Oriole Preview Day. Students will pick up their schedule, get their ID made, and complete other start of the school year tasks.

- **GUIDANCE OFFICE SUMMER SCHEDULE**

The guidance office will be open until June 24th. Counselors and staff will return to school on July 11th.

**GUIDANCE**  
Updates