



# May Newsletter

2023



Communities In Schools of South Carolina proudly serves students at St. Andrews Middle School.

## About Communities In Schools

Communities In Schools (CIS) is the largest provider of integrated student supports in the nation. Our program provides the needed supports to help your child stay in school and achieve in life. In 39 schools across South Carolina, more than 24,500 students participate in our programming annually.

Services provided include individual student supports, as well as group sessions that may include topics such as social and emotional wellbeing, goal setting, dealing with peer pressure, improving study habits, building self-confidence skills, academic attendance support, and making healthy choices.



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# CISSC at SAMS

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## Mental Health Awareness Month

May is mental health awareness month. "Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system" (NAMI, 2022).



As parents and caregivers, you want what is best for your child(ren) and families. Starting conversations around mental health is important. Make sure when discussing mental health you are actively listening, communicating straightforwardly, and watching for reactions. It is okay to back up or slow down the conversation if your child becomes upset. However, it is also important to be aware of warning signs such as: not eating, use of drugs and alcohol, being withdrawn, or feeling sad for more than two weeks. If you become concerned, contact a doctor, school nurse, or another health care provider. Click [here](#) for more information.



## Mental Health Resources

The National Alliance on Mental Illness (NAMI):  
**1-800-950-6264**

An emergency mental health hotline is available Monday-Friday from 10 a.m. to 6 p.m. EST. Operators can provide information about mental illness and refer callers to treatment, support groups, family support, and legal support.

Mental Health America Hotline:  
**Text MHA to 741741**

A nationwide organization that provides assistance through text lines. You will be connected to someone who can guide you through a crisis or just provide information.

## Parent/Guardian Raffle

Communities In Schools of South Carolina values their partnerships with parents and guardians. In efforts to continue building relationships, CISSC will hold a monthly drawing for parents and guardians who check-in through [this google form](#).

## Connect with CIS online!

