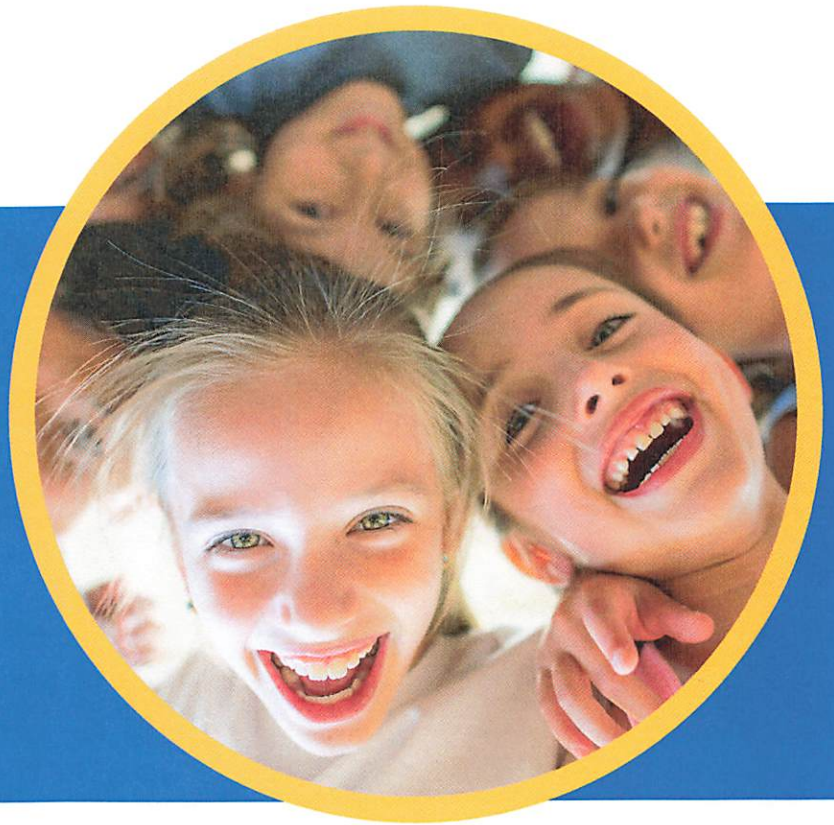




MENTAL HEALTH & WELLNESS

A community of caring professionals.



School & Community Collaboration

Student well-being and learning is at the heart of what we do. We know when students feel safe and connected they will learn and thrive.

We collaborate with our community agencies to support the physical, social, cognitive and mental well-being of our students.



Parent Education & Support

Our community offers multiple resources to support student needs. To learn more, talk to your school counselor and download helpful apps, e.g. 211 Utah and SafeUT.



Mental Health Screening

Online mental health screeners are available for families to identify student needs early and learn more about resources to support their needs.

*988 is a 24-hour suicide and crisis lifeline.



Return to Learn

When a student is transitioning to school after receiving care, a healthcare provider may collaborate with the school to ensure a smooth transition with helpful support.



Therapy Services Referral

Our Mental Health Assistance Program (MHAP) provides a limited number of therapy sessions at no-cost to our students. *Based on need and accessed through their school counselor.

CONTACT INFORMATION

Reach out to your school counselor



www.washk12.org www.washk12wellness.org



School-Based Mental Health Screening *for schools*

Screening is a process for evaluating the possible presence of a particular problem. The intent of mental health screening is to screen all students to determine the possible presence of a mental health concern. Research shows about 20% of students show signs and symptoms of a mental health condition in a given year. Mental health screening may only occur after the students' parents give active consent to opt into completing a mental health screener.

What is consent?

The mental health screener is a voluntary and anonymous opportunity for parents to screen their child for symptoms of depression and anxiety, using the Patient Health Questionnaire - 9 (PHQ-9) and Generalized Anxiety Disorder - 7 (GAD-7) via an online questionnaire through Qualtrics. Results of the survey will be available immediately to the participant. Results will NOT be shared with the school or district, unless the parent chooses to give their consent to willingly share the results with the school and district. (See [Privacy Statement](#)). When a parent selects the option to share the results with their child's school at the conclusion of the screener, they are actively giving their consent to share the results with school personnel.

Screening is *not* an assessment or diagnosis.

Benefits of screening

- Universal preventative support in a Multi-tiered System of Support (MTSS)
- Identify concerns/risk early
- Supports Child Find efforts
- Intervene early and improve long-term outcomes
- Improve access to mental health support

Costs of Screening

- The screening tools are free

Screening Results

- Results of the screening will be available immediately to the participant. Results for students will only be shared when a parent actively consents by selecting to share the screener results with the school. Results may indicate risk of a mental health concern for a student and alert school personnel to intervene with support and resources. (Anxiety: mild / severe) (Depression: mild / severe).

Improve Access to Mental health Supports

- It is estimated 50% of Utahn's with a mental health condition do not access mental health support
- Data show of those who access care, about 40-60% drop out of treatment early
- The provision of mental health supports and services in school positively impacts student outcomes including improved academic performance, fewer special education referrals, decreased need for restrictive placements, fewer disciplinary actions, increased student engagement and feelings of connectedness to school, and higher graduation rates

Privacy Statement for Mental Health Screener offered by Washington County School District

At Washington County School District, we are committed to protecting your privacy and ensuring the confidentiality and security of your personal information. This privacy statement outlines how we collect, use, and protect the data gathered through the mental health screener tool.

Collection and Use of Personal Information

1.1. Access to Data: Taking the mental health screener is voluntary and anonymous. Results of the screener will only be shared with WCSD stakeholders when you provide your consent to share the results with your child's school. It is not a requirement to share the results.

1.2. Personal Information: By choosing to share screener results with your child's school, the mental health screener will collect certain personal information, including but not limited to:

- Parent's or guardian's name
- Child's name
- Contact information (phone number, etc.)
- Child's School Name

1.3. Purpose: The purpose of collecting this information is solely to share the screener results with key stakeholders within WCSD. The data collected will be used to identify symptoms of anxiety and depression in children and provide helpful tips and resources.

Confidentiality and Security

2.1. Data Handling: All personal information collected during the mental health screener will be treated as confidential and stored securely in compliance with applicable Family Educational Rights and Privacy Act (FERPA) and data protection laws.

2.2. Access to Data: Only authorized personnel involved in the administration and analysis of the screener will have access to the collected data. They are required to adhere to strict FERPA confidentiality and data protection policies.

2.3. Data Retention: Personal information collected through the mental health screener will be retained only for as long as necessary to fulfill the screener's purpose, or as required by law or organizational policies.

Sharing of Information

3.1. Anonymized Data: Aggregated and anonymized data may be used for research, statistical analysis, and program improvement purposes. Such data will not contain any personally identifiable information.

3.2. School District and FERPA: The mental health screener results may be shared with specific school administration, subject to compliance with FERPA. All data sharing will adhere to FERPA regulations and applicable state and local privacy laws.

Data Protection Rights

4.1. Consent: By voluntarily participating in this mental health screener, you consent to the collection, use, and storage of your personal information as described in this privacy statement.

4.2 Screener Results: By choosing to share the screener results with your child's school, you give your consent for school stakeholders to have access to the results to increase awareness of individual student needs.

4.2. Withdrawal of Consent: You have the right to withdraw your consent at any time by contacting us using the information provided at the end of this privacy statement.

Contact Information

If you have any questions, concerns, or requests regarding this privacy statement or the mental health screener, please contact:

Washington County School District
Student Services Department
435-673-3553

School-Based Mental Health Screening

for parents

Screening is a process for evaluating the possible presence of a particular problem. The intent of mental health screening is to determine the possible presence of a mental health concern. Mental health screening for a student may only occur after a parent actively consents to opt into completing a mental health screener.

What is consent?

The mental health screener is a voluntary and anonymous opportunity for a parent to screen their child for symptoms of depression and anxiety, using the Patient Health Questionnaire - 9 (PHQ-9) and Generalized Anxiety Disorder - 7 (GAD-7) via an online questionnaire through Qualtrics. Results of the survey will be available immediately to the participant. Results will NOT be shared with the school or district, unless a parent chooses to give their consent to willingly share the results with the school and district. (See [Privacy Statement](#)). When a parent selects the option to share the results with their child's school at the conclusion of the screener, they are actively giving their consent to share the results with specific school personnel.

Are you diagnosing my child?

No. Screening is the process by which the presence of a particular problem is identified. Further assessment by a qualified mental healthcare provider would need to be completed in order for a diagnosis to be provided. Screeners are designed to identify risk early to intervene quickly and improve outcomes.

Will I receive the results of my child's screening?

Yes. Results of the screening will be available immediately upon completion of the screener. A score calculated by the screening tool will be provided indicating the degree of symptoms based on answers to the questions. Helpful tips sheets will be provided based on the screener score. Parents may choose to share the screening results with their child's school and inquire about additional support and resources.

What do the results of the screening mean?

The results will show the possible presence of a concern to help parents determine if their student is at risk and if they would benefit from additional support and resources.

Do I need to pay for this?

No. Screening is free for students.

Quick Feedback Tips for Mental Health Survey Score

Mild Anxiety



Severe Anxiety



Mild Depression



Severe Depression





MENTAL HEALTH & WELLNESS TIPS

Symptoms of mild Anxiety



Practice Self-Care (maintain a healthy lifestyle)

Adopting healthy habits can positively impact your mood and reduce anxiety. Ensure you get enough sleep, eat a balanced diet, and engage in regular physical activity to promote a sense of calmness.

Exercise is especially effective due to the release of natural endorphins. Engage in activities that promote self-care and well-being because they bring you joy and promote relaxation, e.g. hobbies, spending time in nature, practicing mindfulness and other relaxation techniques.



Practice Relaxation Techniques

Engage in relaxation techniques such as deep breathing exercises, progressive muscle relaxation, or mindfulness and meditation. These techniques focus on slowing down your breathing and can help calm the mind and body, reducing feelings of anxiety. Regular practice can promote a sense of calmness and overall well-being.



Identify Stressors

Identify triggers or stressors that contribute to feelings of anxiety. Awareness of what causes anxiety can help you manage your approach to stressors, such as setting boundaries, managing your time effectively, and prioritizing self-care activities. Having a plan to manage stress can help maintain a sense of calmness and reduce anxiety symptoms as you navigate the day.



Recognize Negative Thoughts

Recognizing and labeling negative thoughts can help you get unstuck and move forward with the task at hand. For example, "I'm having the thought that _____. It's just a thought." This technique can help you identify negative thinking patterns and help you focus on the task at hand.



Establish a Support System

Having a support system can provide emotional support, understanding, and reassurance during times of anxiety. Reaching out to trusted friends, family members, or support groups to share your feelings and experiences can be helpful.

Please remember, if you experience worsening symptoms or if your condition persists or interferes with your daily functioning, it is important to seek professional help. The tips provided above should not replace the advice of a qualified healthcare professional or mental health provider. If you need immediate help call 988 for crisis support.

Sources: American Academy of Pediatrics, NAMI, Centers for Disease Control and Prevention, health and Human Services.

CONTACT INFORMATION

Reach out to your school counselor



www.washk12.org www.washk12wellness.org



MENTAL HEALTH & WELLNESS TIPS

Symptoms of moderate to severe Anxiety



Establish a Routine

Establishing a structured routine can provide a sense of stability and predictability, which can be helpful in managing anxiety symptoms. Create a schedule that includes regular mealtimes, sleep patterns, exercise, and enjoyable activities. Maintaining a routine can help manage anxiety and promote a sense of control.



Practice Deep Breathing and Relaxation Techniques

Deep breathing exercises, progressive muscle relaxation, and mindfulness techniques can help calm your mind and reduce anxiety symptoms. These techniques focus on slowing down your breathing and promoting relaxation, which can provide temporary relief during episodes of severe anxiety.



Develop Healthy Coping Strategies

Identify healthy coping strategies that work for you to manage anxiety. This may include engaging in physical activity, practicing self-care, engaging in hobbies, connecting with loved ones, or seeking support from a therapist or support group. Finding healthy ways to cope with anxiety can help reduce its impact on your daily life.



Engage in Regular Exercise

Physical activity has been shown to reduce anxiety and improve overall well-being. Engaging in regular exercise, such as walking, jogging, or participating in a sport, can help release endorphins and decrease anxiety symptoms. Aim for at least 150 minutes of moderate-intensity exercise per week.



Reach Out for Support

Many people have found when anxiety begins to negatively impact the activities of daily life, seeking support from a mental healthcare professional can be helpful. They can provide individualized information, offer appropriate treatment options, and provide guidance and support.

Please remember, if you experience worsening symptoms or if your condition persists or interferes with your daily functioning, it is important to seek professional help. The tips provided above should not replace the advice of a qualified healthcare professional or mental health provider. If you need immediate help call 988 for crisis support.

Sources: American Academy of Pediatrics, NAMI, Centers for Disease Control and Prevention, health and Human Services.

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MENTAL HEALTH & WELLNESS TIPS

Symptoms of mild Depression



Practice Self-Care (maintain a healthy lifestyle)

Taking care of yourself can help improve mood and overall well-being. Make time for regular exercise, maintain a healthy diet, get enough sleep, practice relaxation techniques (deep breathing, mindfulness, meditation, time outside in nature), and engage in activities you enjoy.



Establish a Routine

A consistent daily routine can provide structure and stability. Set goals, prioritize tasks, and strive for a balanced schedule to help maintain a sense of purpose and productivity.



Stay Connected

Social connections and support from trusted friends, family, or support groups can provide a sense of safety, connection, understanding, validation and help alleviate feelings of isolation. Call, text, or email your support system to talk about your feelings and experiences and schedule social activities that foster meaningful connection.



Practice Stress Management

Develop healthy coping mechanisms to manage stress effectively. This may include engaging in relaxation techniques, practicing mindfulness or meditation, progressive muscle relaxation, walking, jogging, biking, swimming, hiking, reading, journaling, expressing gratitude, seeking emotional support, or engaging in hobbies or activities that promote stress reduction.



Monitor & Track your Mood

To help identify patterns, triggers, and provide valuable insights for managing symptoms of depression, keep a mood journal or use digital tools to monitor and track your mood changes over time.

Please remember, if you experience worsening symptoms or if your condition persists or interferes with your daily functioning, it is important to seek professional help. The tips provided above should not replace the advice of a qualified healthcare professional or mental health provider. If you need immediate help call 988 for crisis support. Download the SafeUT app to access support and submit a tip.

Sources: American Academy of Pediatrics, NAMI, Centers for Disease Control and Prevention, health and Human Services.

CONTACT INFORMATION

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www.washk12.org www.washk12wellness.org



MENTAL HEALTH & WELLNESS TIPS

Symptoms of moderate to severe Depression



Build a Supportive Network

Surround yourself with a supportive network of family, friends, or support groups. Sharing your feelings and experiences with trusted individuals can provide emotional support and understanding. Support groups can also provide a sense of community and connection.



Stay Connected

Especially when experiencing symptoms of depression, try to maintain connections with trusted others and engage in social activities. Isolation can exacerbate symptoms, so reaching out to others for support and staying connected can be beneficial.



Safety Planning

If you are experiencing severe symptoms of depression, it is important to create a safety plan. This plan should include a list of emergency contacts, strategies for managing crises, and steps to take in case of a mental health emergency. Share your safety plan with trusted individuals to ensure a support system is in place.



Reach Out for Support

Navigating mental health challenges can feel overwhelming. Connecting with trusted individuals, whether friends, family, colleagues, or healthcare professionals can provide much needed support. Existing resources available in the community, such as support groups or counseling services, can offer valuable insights and coping strategies. Remember, seeking assistance from professionals who specialize in mental health can lead to personalized guidance and a path towards healing and growth. Talk to your child's school counselor for more information about resources in our community.

Please remember, if you experience worsening symptoms or if your condition persists or interferes with your daily functioning, it is important to seek professional help. The tips provided above should not replace the advice of a qualified healthcare professional or mental health provider. If you need immediate help call 988 for crisis support. Download the SafeUT app to access support and submit a tip.

Sources: American Academy of Pediatrics, NAMI, Centers for Disease Control and Prevention, health and Human Services.

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Mental Health Screener Protocol

for School Counselors



Early Identification

Symptoms of anxiety and depression may include changes in behavior, withdrawal from social activities, decline in academic performance, frequent physical complaints, changes in eating and sleeping habits, and expressions of hopelessness. When parents consent to share their child's mental health screener results with the school, the score will indicate a level of risk for a mental health concern.

- 0-9 Low risk: Communicate results and resources with parents, students, and applicable staff within a reasonable time frame.
- 10-14 Moderate risk: Communicate results and resources with parents, students, and applicable staff within the week
- 15-21 High risk: Communicate results and resources with parents, students, and applicable staff within the same day. Conduct the C-SSRS when necessary.



Private and Confidential Environment

Create a safe and non-judgmental space where students can share their feelings and concerns with confidentiality, emphasize the exception of situations where there is a risk of harm to the student or others. Actively listen to their concerns and validate their emotions.



Collaboration and Communication

Create a support network for the student by maintaining open communication with parents, teachers and other school staff to identify students who may be struggling. Share relevant information while respecting confidentiality guidelines.



Support and Resources

Create an individualized support plan for the student, outlining specific goals and strategies to address their symptoms. Create a safety plan when needed. Teach evidence-based relaxation techniques and coping skills tailored to the student's age and developmental level. Schedule regular check-ins to monitor their progress and reassess their mental health needs. Coordinate support and resources to ensure a continuum of care for the student.



Crisis Intervention

Recognize when a student's needs exceed the scope of your expertise and provide referrals to the appropriate mental health professionals. Be prepared to respond to crises promptly and have a crisis intervention plan in place, involving school administration and relevant authorities.

Sources: American School Counselor Association (ASCA). (2019). ASCA National Model: A Framework for School Counseling Programs. Retrieved from <https://www.schoolcounselor.org/asca/media/asca/ASCA%20National%20Model%202019.pdf>

Weist, M. D., Evans, S. W., Lever, N., Schneiders, J., & Moore, E. (2003). What Do School Counselors Say About Facilitating Mental Health Services in Schools? *Professional Psychology: Research and Practice*, 34(2), 192-199.



www.washk12.org www.washk12wellness.org

Dear Parents/Guardians,

We hope this letter finds you well. At [School Name], we care deeply about the well-being of our students and strive to create a nurturing environment that supports their mental and emotional well-being as they pursue their academic journey. As part of our commitment to your child's welfare, we offer a *free mental health screener*, to help us identify areas where additional support may be beneficial.

The purpose of this letter is to say thank you for taking the screener and for trusting us with the results to help us better meet the needs of your student. It is essential to remember that these screenings are not diagnostic tools but rather serve as a guide to better support our students.

Based on the screening results, your child has scored in the range indicative of *minimal to mild* depression and/or anxiety. We want to emphasize mental health exists on a continuum and feelings of anxiety and sadness are normal. We'd like to share some helpful tips for you and your student to work together for a healthy mind and body.

Helpful Tips to Keep in Mind:

- **Communication:** Encourage open communication with your child. Let them know you are available to listen without judgment, and reassure them that it's okay to express their feelings.
- **Supportive Environment:** Create a supportive and understanding home environment. Ensure your child feels safe and loved, knowing they can seek help or share their thoughts without fear.
- **Routine and Structure:** Establishing a consistent daily routine can help provide stability and a sense of control for your child. Consistent sleep, meals, and study times can positively impact their emotional well-being.
- **Physical Activity:** Encourage regular physical activity as it can improve mood and reduce feelings of stress and anxiety.
- **Balanced Diet:** Ensure your child is eating a well-balanced diet. Good nutrition plays a significant role in mental health.
- **Self-Care:** Teach your child the importance of self-care and self-compassion. Practicing relaxation techniques or mindfulness exercises can be beneficial.
- **Limit Technology:** Help your child set boundaries on screen time and encourage activities that promote social interactions and outdoor play.

Please know we are available to discuss these results further. If you wish to schedule a meeting, please do not hesitate to reach out to us. Working together, we can ensure your child's emotional well-being remains a top priority. Thank you for your ongoing support in creating a caring and compassionate school community.

Sincerely,

[Your Name]
School Counselor
[School Name]
[Contact Information]

Dear Parents/Guardians,

We hope this letter finds you well. At [School Name], we care deeply about the well-being of our students and strive to create a nurturing environment that supports their mental and emotional well-being as they pursue their academic journey. As part of our commitment to your child's welfare, we offer a *free mental health screener*, to help us identify areas where additional support may be beneficial.

The purpose of this letter is to say thank you for taking the screener and for trusting us with the results to help us better meet the needs of your student. It is essential to remember that these screenings are not diagnostic tools but rather serve as a guide to better support our students.

Based on the screening results, your child has scored in the range indicative of *moderate* depression and/or anxiety. We want to emphasize mental health exists on a continuum and feelings of anxiety and sadness are normal, however the intensity and duration of experiencing intense emotions can impact activities of daily living. You're not alone and many people have found additional support helpful to increase their quality of life. We'd like to share some helpful tips for you and your student to work together for a healthy mind and body.

Helpful Tips to Keep in Mind:

- **Communication:** Encourage open and non-judgmental communication with your child. Let them know you are available to listen and that you care about their feelings and experiences.
- **Supportive Environment:** Create a supportive and understanding home environment. Ensure your child feels safe, loved, and comfortable expressing their emotions. Validate their feelings, let them know it's okay to feel the way they do. This helps them feel understood and accepted.
- **Routine and Structure:** Establishing a consistent daily routine can help provide stability and a sense of control for your child. Consistent sleep, meals, and study times can positively impact their emotional well-being.
- **Prioritize Self-Care and Encourage Healthy Habits:** Promote a lifestyle by encouraging regular exercise, a balanced diet, and sufficient sleep. Physical well-being is closely linked to mental health. Teach your child the importance of self-care and self-compassion. Practicing relaxation techniques or mindfulness exercises can be beneficial.
- **Set Realistic Goals:** Help your child set achievable goals and celebrate their successes, no matter how small they may seem. Reinforce approximations of desired behavior.
- **Limit Technology:** Help your child set boundaries on screen time and encourage activities that promote more face-to-face social interactions and outdoor play.
- **Professional Support:** Mental health professionals in the community can provide individualized support and guidance while teaching helpful strategies and skills. Additionally, 988 is a crisis line to access mental health support 24/7. Download the SafeUT app to start a conversation with a trained crisis response worker.

Each child's needs are unique, and the severity of the concerns may require additional support and intervention. Our school counselors are here to discuss the results further and collaborate with you to develop a plan tailored to your child's specific needs. If you wish to schedule a meeting, please do not hesitate to reach out to us. Working together, we can ensure your child's emotional well-being remains a top priority. Thank you for your ongoing support in creating a caring and compassionate school community.

Sincerely,

[Your Name]

School Counselor

[School Name]

[Contact Information]

Dear Parents/Guardians,

We hope this letter finds you well. At [School Name], we care deeply about the well-being of our students and strive to create a nurturing environment that supports their mental and emotional well-being as they pursue their academic journey. As part of our commitment to your child's welfare, we offer a *free mental health screener*, to help us identify areas where additional support may be beneficial.

The purpose of this letter is to say thank you for taking the screener and for trusting us with the results to help us better meet the needs of your student. It is essential to remember that these screenings are not diagnostic tools but rather serve as a guide to better support our students.

Based on the screening results, your child has scored in the range indicative of *severe* depression and/or anxiety symptoms. We want to emphasize mental health exists on a continuum and feelings of anxiety and sadness are normal, however the intensity and duration of experiencing intense emotions can impact activities of daily living. You're not alone and many people have found additional support helpful to increase their quality of life. We'd like to share some helpful tips for you and your student to work together for a healthy mind and body.

Helpful Tips to Keep in Mind:

- **Communication:** Encourage open and non-judgmental communication with your child. Let them know you are available to listen and that you care about their feelings and experiences.
- **Supportive Environment:** Create a supportive and understanding home environment. Ensure your child feels safe, loved, and comfortable expressing their emotions. Validate their feelings, let them know it's okay to feel the way they do. This helps them feel understood and accepted.
- **Routine and Structure:** Establishing a consistent daily routine can help provide stability and a sense of control for your child. Consistent sleep, meals, and study times can positively impact their emotional well-being.
- **Prioritize Self-Care and Encourage Healthy Habits:** Promote a lifestyle by encouraging regular exercise, a balanced diet, and sufficient sleep. Physical well-being is closely linked to mental health. Teach your child the importance of self-care and self-compassion. Practicing relaxation techniques or mindfulness exercises can be beneficial.
- **Support Network:** Build a support network for your child, which may include close family members, friends, or support groups.
- **Limit Technology:** Help your child set boundaries on screen time and encourage activities that promote more face-to-face social interactions and outdoor play.
- **Professional Support:** It's important to access support from a mental health professional. Our community has a variety of providers who offer individualized and group support and guidance while teaching helpful strategies and skills.
- **Safety Planning:** If your child is experiencing severe distress or emotional crisis, please call 988 for support. Download the SafeUT app to start a conversation with a trained crisis

response worker. Ensure you have a safety plan in place including healthy activities to do, safe places to go, safe people to talk to and emergency contact numbers readily available.

Each child's needs are unique, and the severity of the concerns may require additional support and intervention. Our school counselors are here to discuss the results further and collaborate with you to develop a plan tailored to your child's specific needs. If you wish to schedule a meeting, please do not hesitate to reach out to us. Working together, we can ensure your child's emotional well-being remains a top priority. Thank you for your ongoing support in creating a caring and compassionate school community.

Sincerely,

[Your Name]

School Counselor

[School Name]

[Contact Information]



BACK-TO-SCHOOL WELLNESS TIPS

→ **Establish a Routine Before School Starts**

A few weeks before school starts is a great time to gradually reintroduce a school routine. This includes regular sleep schedules, meal times, and activities. This will help your child adjust more smoothly to the school routine when it starts.

→ **Create a Supportive and Open Environment**

1. Talk to your child about their expectations and fears regarding the new school year.
 - Listen attentively and empathize with them
 - Validate their emotions; let them know it's normal to feel nervous or anxious when we start something new. This helps them feel understood and less alone.
 - Talk about realistic ways to help them manage their feelings of fear and anxiety.
 - Help them focus on positive aspects of going back to school, such as seeing friends, learning new things, and engaging in activities they enjoy.

→ **Teach Relaxation Techniques**

Simple relaxation techniques, such as deep breathing exercises, mindfulness activities like helping them learn to ground with their 5 senses, e.g. take small moments to notice what they can see, hear, smell, touch, and/or taste. Playing a game, taking walks or bike rides, reading together, doing art or journaling can be helpful in reducing anxiety and promoting a sense of calm.

→ **Get School Supplies and Get Organized**

Often children get excited about getting new school supplies. Allow them to choose what they can to help them feel some control over the situation. Help them organize their school supplies, backpack, and schedule. Being structured and organized can alleviate stress and provide a sense of control.

→ **Visit the School**

If possible, take your child to visit the school or attend back-to-school night together. Helping them to get familiar with the environment by walking around and meeting teachers or staff can alleviate anxiety by making the school feel less unfamiliar.

→ **Communicate with Teachers**

Reach out to your child's teacher(s) to inform them about your child's anxiety. Sharing this information can help teachers provide additional support and reassurance to your child when they start school. Student's can learn helpful coping strategies by using the Wellness Room at school and teachers can help connect student's to additional support when needed.

→ **Be a Positive Role Model**

Show your child how you handle stress and anxiety by managing your own emotions effectively. Your ability to cope with stress positively can serve as a powerful example for your child.

CONTACT INFORMATION

Reach out to your school counselor for more information



www.washk12.org www.washk12wellness.org