

# WELLNESS

October mental wellness tips from the MCISD Mental Health Team



## WORLD MENTAL HEALTH DAY



Saturday October 10th

This year's World Mental Health Day comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic. The past months have brought many challenges: for students, adapting to taking classes from home, with little contact with teachers and friends, and anxious about their futures; for support professionals, supporting other's needs while trying to support their own; for teachers, they have had to adapt to change after change and completely restructure how they do what they do best- teach; for administrators, who have had the weight of student and staff safety on their shoulders. Remember- we all have mental health and our mental health has been drastically impacted by this pandemic and its effects. This is why it is critically important that we join the World Health Organization's campaign, *Move for mental health: Let's invest*, to increase investment in mental health services.

Participate  
in the Big  
Event for  
Mental  
Health

Share Key  
Messages!

Pay  
attention to  
your mental  
health

### A RESOURCE FOR YOU

Truth for Teachers by Angela Watson: A top ten rated K-12 podcast! 15 minute episodes are designed to speak life, encouragement, and truth into the minds and hearts of educators.

### QUESTIONS?

Whatever you need, the Mental Health Team is here for you.  
Visit our webpage: [MCISD Mental Health Support Services](#) & Twitter for updates & resources!

Call: 734-322-2724

 @MCISDMentalHlth

