Counseling Connections



El Cerrito Counseling Newsletter





Susanna Mruz

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Focus of the Week: Mental Health Awareness

Mental Health is a state of well-being that allows the person to cope with normal life stressors, the ability to work and play productively, and the ability to contribute to his or her community. Counselors strive to raise awareness to reduce the stigma of mental illness, promote the willingness to seek help, practice self-care, and reduce self-harm behaviors through education and community support.



CALIFORNIA STUDENT MENTAL HEALTH WEEK May 4-8, 2020

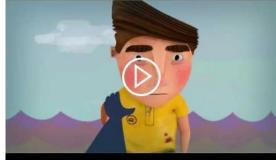


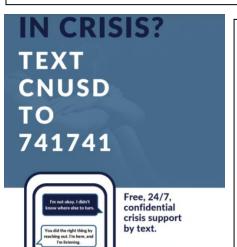
Visit the following sites for resources

COVID19K12MentalHealthResources CDE_StudentCrisisHelp



If you are in crisis, please CLICK HERE, or call 911





Care Solace is an online resource with a live 24x7 concierge line meant to assist individuals in finding local mental health-related programs and counseling services (available for CNUSD families).

Care Solace

Phone: (888) 515-0595

Email:

weserve@caresolace.org

Mindfulness: We've got an APP for that!
Stop, Breathe & Think, Calm, Headspace,
Smiling Mind, Mindfulness App, Mind Body

Calm

Calm

To calm and support a positive mental health visit CNUSD's Virtual Calming Room, http://bit.ly/CNUSDvirtualcalmingroom

For additional grade-specific social emotional enrichment tools,