

Counseling Connections

El Cerrito Counseling Newsletter



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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.



Visit the following sites for resources

- [COVID19K12MentalHealthResources](#)
- [CDE_StudentCrisisHelp](#)



IN CRISIS?

TEXT
CNUSD
TO
741741



Free, 24/7, confidential crisis support by text.

CRISIS TEXT LINE

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



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,