

MAY IS MENTAL HEALTH AWARENESS MONTH

BCPS ALERT Week of May 11 – 17

Each week in May, BCPS will share tips and resources to use during the month

May 11: Who can you talk to when you have a bad day? Identifying support systems.

Support systems and mental health

<https://www.mentalhealth.gov/talk/people-mental-health-problems>

May 12: Go outside for a walk/Grounding

<https://www.healthline.com/health/grounding-techniques#physical-techniques>

May 13: Creative Expression and your Mental Health

Creativity as a wellness practice

<https://www.psychologytoday.com/us/blog/arts-and-health/201512/creativity-wellness-practice>

May 14: Healthy Eating Habits

Diet and how it affects mental health

<https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>

May 15: How sleeping affects your mood

<https://www.mhanational.org/blog/sleep-deprivation-effects-mind-and-body>

May 16: Scheduling "Me Time"

Five signs it is time to take a mental health break

<https://health.usnews.com/health-care/for-better/articles/2019-01-30/when-to-take-a-mental-health-break>

May 17: "Unplug and Unwind"/Self Care Sunday

How blue light from electronics affects mental health

<https://www.mhanational.org/blog/how-blue-light-affects-mental-health>

To request assistance, please call the

BCPS Mental Health Hotline: 754-321-HELP (4357)

A mental health professional will respond to your request in a timely manner.

For more information, please visit

browardschools.com/mentalhealthservices.

BCPS Employee Assistance Program: 754-322-9900

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)



The School Board of Broward County, Florida Lori Alhadeff • Robin Bartleman • Heather P. Brinkworth • Patricia Good • Donna P. Korn Laurie Rich Levinson • Ann Murray • Dr. Rosalind Osgood • Nora Rupert • Robert W. Runcie, Superintendent of Schools