

ADHUS/FAUHS COUNSELOR CORNER

Conversations With Your School Counselors

How are you doing?

mental
health



Right now, so many thoughts may be affecting us. Thoughts about how to handle school closures for the rest of the year, how to manage childcare, how to ensure financial needs are being met, and much more. But, remind yourself of your great efforts and know that your mental health is important and should be prioritized. Ask yourself, “How am I doing today?”

Please enjoy this quick read and fun clip!

Parents: You’re Doing an Amazing Job!

[CLICK HERE](#) for more resources from NAMI on how to get through this difficult time.

EVERY DAY IS A NEW BEGINNING.
TAKE A DEEP BREATH, SMILE,
AND START AGAIN.



Emergency Hotlines

Dial 211 for Mobile Crisis and other resources such as: COVID-19 testing, food, housing, bill assistance, medical assistance, etc.

Dial 911 for any immediate emergencies.

Dial 1-800-962-2873 for the Department of Children and Families

Suicide Prevention Hotlines:
1-800-SUICIDE

Dial 561-297-3540 for FAU CAPS. Offered to students in 9-12th grade by Ari:
osmana@health.fau.edu

School Counseling Weekly Lessons and Tips

How are you doing today?

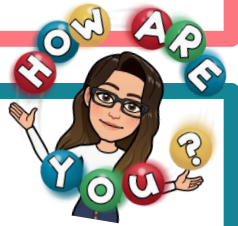
Elementary (K-5)

Christine Abreu

Kindergarten-4th Grade: Log into Seesaw and complete the “Virtual Check-In” activity (optional).

5th Grade: Log into the SEL Google Classroom for this week.

- Complete the “Virtual Check-In” activity (optional)
- Check out details for Wellness MeetUp every Tuesday at 1:00pm



Middle (6-8)

Maegan Renee or Christine Abreu

Students can log into their School Counseling Google Classroom.

- Complete the “Virtual Check-In” activity (optional)
- Check out details for Wellness MeetUp every Friday at 10:30am



How ya feelin'?

High (9-12)

Maegan Renee

Send a kind note to a classmate on this Nearpod collaboration board. Login by clicking [HERE](#) and entering this code **BLUAF**. Notes will be posted on board for everyone to see. :)

YOU ARE ALL DOING AWESOME!