



## PRSD Clinical Spring Newsletter

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Spring 2022

**Spring** is upon us. The days are getting longer and we are over the worst of the cold, dark winter. Look forward to a brighter, sunnier, Spring ; a time to rejuvenate the mind and the body.



- Take time for yourself, even if it is just 10 minutes to disconnect and focus inward
- Go for a walk
- Spring clean your personal space
- Meditate
- Journal
- Connect with a friend in real life
- Eat outside
- Draw/color a picture
- Listen to music
- Read

**May is Mental Health Awareness Month** and we want you to know that we join voices with NAMI (National Alliance on Mental Illness)



Mental Health and Wellness Month is about taking the shame out of voicing our mental health needs, raising awareness about mental health, and making our mental health a priority, like all other aspects of our well-being.

Each of our schools provide the support of a school social worker, school psychologist(s), and school guidance counselors for students in need of counseling and social-emotional support throughout the day. Additionally, we as a district have invested time, resources, and commitment towards social emotional learning. Please consider joining our PR-SELFIE committee. Contact the Director of Special Education, Mrs. Carolyn Moffa ([moffac@pearlriver.org](mailto:moffac@pearlriver.org)) for more information about our next meeting.

Whether you experience brief moments or days of feeling mentally unwell, or are diagnosed with mental health needs, we want you to know that there is always help available. Never hesitate to reach out to your teacher, building administrator, school support staff or your central office leaders, and we will help to connect you with support that can help.

**YOU ARE NOT ALONE**

**National Suicide Prevention Lifeline 1-800-273-8255**

**Text: "Got5U" to 741-741**