

# SVMS

## Counselor Newsletter

January 2024

HAPPY NEW YEAR



### NEW YEARS RESOLUTION:

School counselors can help you identify, plan, and implement short- and long-term goals to help in the areas of Academic, Career, and Social/Emotional development. Reach out to Mr. Baldo (grades 7 & 8) or Mrs. Hicks (grades 5 & 6) to see how they can support you in 2024!

### SAVE THE DATE:

**January 15th-16th**

No School - MLK Day & Teacher Inservice

**January 25th @ 12:00-1:00**

Caron Foundation - [virtual PREP for parents](#)

### CRISIS INFO:

[National Suicide Prevention Lifeline](#)

- Call **988** or 1-800-273-8255
- Text "HOME" to 741741

[Mental Health Hotlines](#)

**Let's talk about:**

## SELF-CARE

Self-care means taking the time to do things that help you live well and improve both your physical and mental health. When it comes to mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Learn more about [Caring for Your Mental Health](#) and check out these [10 Self-Care Activities for Students](#).

### COPING SKILLS:

There are many ways people handle stress in unhealthy ways. Read some tips and resources from the CDC to learn about healthy ways for [Coping with Stress](#). **What is your go-to coping skill? Is it healthy or unhealthy? How can you improve it?**

### SUBSTANCE ABUSE:

If you or another student you know is struggling with substance use or vaping, refer them to [SVMS MTSS](#) to get help. You can also learn more about Caron's Youth Education Program (YEP) that helps families with substance use disorders. Sign up [HERE](#).

### MENTAL HEALTH:

Mental and emotional needs are not as easy to identify as physical needs. [What Every Child Needs for Good Mental Health](#) is practical strategies to address confidence/esteem, fears, and other warning signs for mental health needs.

### SELF-CARE RESOURCES:

[Coping and Distress Tolerance Package](#)

[My Self Care Plan](#) - primary activities

[My Self Care Plan](#) - secondary activities