

Fatigue

This is traditionally a fatiguing time of the year, and this year is particularly challenging for staff, students and their families whether it be school, a job or just life in general. At times it feels like you have reached the limit of what you can manage. Exercise, spending 30 mins a day on doing something you enjoy and getting plenty of rest can help you fight fatigue. We encourage you to take care of yourselves and look out for each other.

If you are a student or a parent who has a student struggling with fatigue, please reach out to the guidance counselor at your school site or you can contact Mr. Paul Peavy our TCSD Mental Health Coordinator at paul.peavy@taylor.k12.fl.us or 850-838-2506.

If you are a parent of a TCSD student and are struggling with fatigue remember that the Taylor County School District has partnered with Care Solace to support our community's mental health.

Care Solace is a complimentary and confidential service provided to students, staff, and their families by Taylor County School District.

If you would like to use Care Solace to help you find a provider:

- Call 888-515-0595 available 24/7/365 in any language.
- Visit www.caresolace.com/taylorcounty and either search on your own , OR click "Book Appointment" for assistance by video chat, email, or phone.