

Counselor's Corner



Weekly Student Newsletter
Williamsburg City School
September 9, 2024

Welcome Back to School!
I plan to write a weekly newsletter addressing mental health, social emotional learning and other topics! If there is a topic you would like to see, please email me!

Request to see
School Counselor:
Click the link or scan
the code
[Request to see
School Counselor:](#)



September is National Suicide Prevention Month

We can all benefit from honest conversations about mental health conditions and suicide because just one conversation can change a life.

How do I know when I need help?

- It is natural and good to have a wide range of feelings. Happy, sad, scared, and angry are all emotions that everyone feels sometimes.
- It is helpful to ask yourself, "How long do I stay upset when something bothers me?"
- If you stay upset for longer than you think you should, or longer than you normally do, you should tell a trusted adult.

988
SUICIDE
& CRISIS
LIFELINE

When people call, text or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support and connect them to resources if necessary.

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What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Legal Definition of Bullying

“Bullying” means

- any unwanted verbal, physical, or social behavior among students,
- involves a real or perceived power imbalance and
- is repeated or has the potential to be repeated:
 - a. That occurs on school premises, on school-sponsored transportation, or at a school-sponsored event; or
 - b. that disrupts the education process

Join your class' Remind:

SENIORS: @ajonescoun
JUNIORS: @4gc9aa
SOPHOMORES: @e6h2g4
FRESHMEN: @eec2k6k
8TH GRADE: @hnb37cb
7TH GRADE: @36b67c

HAVE A GREAT YEAR!
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Mrs. Aimee Jones

Grades 6-12 School Counselor

📞 606-549-6044 x2224

✉ aimee.jones@wburg.kyschools.us

📍 1000 Main St. Williamsburg, KY 40769

🌐 wburg.kyschools.us

📍 [Williamsburg.City.School.Counselors](https://www.facebook.com/Williamsburg.City.School.Counselors)

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Records P
For learners, parents & third parties



Free, 24/7 Confidential Resources

Dial 988 Suicide & Crisis Lifeline

Text 741-741 Crisis Text Line

STOP Tipline website: safeschools.ky.gov