

Counselor's Corner for Staff

Staff Newsletter #1
Williamsburg City
School

Welcome Back to School!

We plan to share a newsletter regularly to keep you informed of what is going on with the School Counselors and mental health!

Who Can Help?
Maggie White: grades
PreK-5
(Kids Hope Referrals)

Aimee Jones:
grades 6-12
(Check & Connect
Referrals)

Jason Smith
Jessica Hoskins
Kaitlyn Edminsten

Highlight of the Month: Growth Mindset

Each month of school will have a 'theme' for our students' SEL lessons, activities, announcements, etc. Students in grades 7-12 will receive a weekly email newsletter with information and resources.

Aug/Sept: Growth Mindset & Emotions

February: Self-Esteem and Kindness

October: Bullying Prevention and Friendships

March: Perseverance

November: Gratitude

April: Leadership

December: Coping Skills

May: Optimism

January: Mindfulness

pic of Maggie, Aimee, Jason,
Jessica and Kaitlyn

Community Mental Health Resources
Cumberland River Behavioral Health
Intrust Healthcare
Cumberland Mountain
Dayspring Health
Southern Roots Therapeutic Services

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What if I have a concern?
Click the link or scan the
QR below:



[School
Counselor
Referral Form](#)

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.

September is National Suicide Prevention Month

Suicide Warning Signs: FACTS

Feelings: Feelings of Hopelessness, anxiety, desperation

Actions: Actions of aggression, risky behavior, self harm

Changes-Observable changes in behavior or appearance, withdrawing from friends, changes in sleep and/or social activities.

Talk/Threats: Talking about, writing about or making plans for suicide

Situations: Stressful situations such as a big change, humiliation, trouble at home or legal troubles.



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Free, 24/7 Confidential Resources

Dial 988 Suicide & Crisis Lifeline
Text 741-741 Crisis Text Line
STOP Tipline website: safeschools.ky.gov