

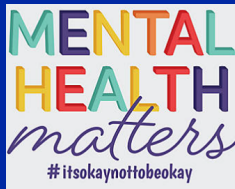


# Patrick Henry Local Schools

Create an environment where all students discover their personal best in every opportunity

## Monthly Newsletter

Hello! Thank you for reading the monthly newsletter for May from the school social worker. The goal of this newsletter is to provide you with at least one takeaway tip, strategy, resource, or idea. This newsletter will focus on feedback from students regarding mental health in support of Mental Health Awareness Month.



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## Mental Health Awareness Month

May is Mental Health Awareness Month and for this newsletter, I decided to do something a little different. I asked a small portion of our students if they would be willing to share feedback on a few questions regarding mental health to help those in their lives better understand how mental health impacts our students. Some of the feedback they provided is below.

### What does mental health mean to you?

- Mental health is something a lot of people struggle with and doesn't mean it's all negative. It is just how some people are born
- It is health for your brain and mind and it's important to take care of
- The mindset/state of being of a person's mental stability and ability to feel both happiness and sadness in a equal and structured way
- It is something many, many people struggle with and need support with.

### What is something you wish more people understood about mental health?

- I wish people understood how long it takes to get better
- Less judgement and more understanding. It's exhausting being trapped in your mind.
- Everyone faces mental health challenges. Whether you're popular or not, you are allowed to struggle.
- It is important to talk to someone and try not to be alone.

### How can adults in your life best support you when you are struggling with your mental health?

- Talk things out with me, encouragement, understand I'm trying my best
- Understand I am not lazy, I'm struggling. Support me in what I do.
- Support you through it, tell you it's going to be okay, be there to listen
- Sometimes you just need a hand to say it's okay and get you help

I'm grateful to the students who provided this information to help lessen the stigma around mental health. No matter how big or small your problems may seem, it is okay to reach out for support and the support you give to others matters. I encourage everyone to consider how caring for your mental health can be applied to our three pillars: **perseverance, above and beyond,** and **family**. I am thankful to be finishing out another school year in a school district that prioritizes mental health. With summer right around the corner, I hope everyone in the Patrick Henry Community is able to work on enhancing their mental health throughout this month and over the summer! **#PHStrong**