

## PSD Mental Health Materials to Support Students

### Morning Announcement - English

“Hey everyone, we want to take a minute to talk about something super important. Everyone struggles, even if it doesn’t seem like it. It’s OK to not be OK. Here at <SCHOOL NAME> and in PSD, we care about ourselves and each other. We all belong here, and you are never alone. If it just feels like too much and you don’t know what to do, remember:

- If you need support in school now, connect with a trusted adult or a counselor. Counselors will connect you to help.
- If someone you know needs help, ask how they’re doing, listen to them, and connect them to a trusted adult or a counselor. If you’re not in school, talk to a family member or call or text 988.
- At <SCHOOL NAME>, we also have <school-specific mental health offerings, such as a wellness, center, calming room, peer mentors, etc.>

Again, it’s OK not to be OK. There are resources and people available to help. You are never alone, there is always hope.”