

# Newsletter

Preparing for summer - end of school year mental health checklist:

- Continue with structure and routine as much as possible.
- Eat healthy and get enough sleep.
- Help your child organize final projects and schoolwork due by the end of the year to reduce stress.
- Share with your child what will be happening in the summer - daycare, day camps, holidays, etc. for mental preparation.
- Take breaks from technology - with less structure children can become more reliant on technology to fill their days.
- Maintain a support system - reach out to them when you need help for yourself or your child.
- Contact the school team if you feel your child may need support during the summer months. Preparation can be done prior to the end of the year to identify a mental health toolkit, coping skills and strategies that work for your child.

## **Important Numbers:**

Know the numbers to call if your child needs mental health support over the summer months.

**Kids help phone:** 1-800-668-6868 call or text

**24/7 Mental health  
suicide crisis line:** 988