

# Mental Health: LET'S TALK ABOUT IT!



Everyone, students and adults of all ages, face challenges in life that can impact their mental health.

Now, more than ever it is important to remove the stigma around mental health and recognize the impact the COVID-19 pandemic has had on our students, families, and communities. To raise awareness on Mental Health, Pittsburgh Public Schools has launched a website listing mental health resources for students and families [www.pghschools.org/mentalhealthmonth](http://www.pghschools.org/mentalhealthmonth) and will hold two events in May 2021.

## BUILDING MENTAL WELLNESS FOR COVID AND EVERYDAY CRISES THURSDAY, MAY 20, 2021, 7:00-7:45 PM

Join Dr. Lovie Jackson-Foster, a community-based social worker to learn coping skills, how to experience self-care, and connect meaningfully within your community when managing daily stressors and the impact of the COVID-19 pandemic. Register at [www.pghschools.org/PEP](http://www.pghschools.org/PEP).

## MENTAL HEALTH AWARENESS VIRTUAL TOWN HALL THURSDAY, MAY 27, 2021 6:00-7:30 PM

Join Superintendent, Dr. Anthony Hamlet for an important town hall to help families learn how to identify child mental health issues and access school and community-based supports. Presenters will include Dr. Rodney Necciai, PPS Assistant Superintendent of Student Services, Dr. Justin Schreiber, UPMC Pediatrician, and Child Psychiatrist, Elena Runko, PPS Director, Social Work & Crisis Response, and a PPS Student Voice Leader. Questions will be taken via social media and from invited parents and students. View online at [www.pghschools.org](http://www.pghschools.org).

\* According to the American Psychiatric Association, Mental Health is a state of well-being where one can cope with the normal stressors of life, function in daily activities, have healthy relationships, and have the ability to adapt to change and cope with adversity. It is the foundation for emotions, thinking, communication, learning, resilience, and self-esteem.

Visit [www.pghschools.org/mentalhealthmonth](http://www.pghschools.org/mentalhealthmonth) for mental health resources.

