



# MENTAL HEALTH AND WELLNESS SNAPSHOT

SUPPORTING OUR STUDENTS BY SUPPORTING THOSE WHO CARE FOR THEM

April 2022 Snapshot

Middle School

**APRIL SNAPSHOTS ARE ON THE TOPIC OF MENTAL HEALTH!**

Mental health includes our emotional, psychological and social well-being, which means it affects how we think, feel, and act.

It also helps determine how we handle stress in our lives, relate to others, and what choices we make.

[Access Snapshots Here](#)

