

Mental Health Awareness

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Mental Health Check-in

What a year it's been! We want to acknowledge the challenges we have faced as a GRMS family and applaud all teachers, staff, and students for transitioning back into the school building during this unique time. Can you believe that it has been a month of in-person learning! Change isn't always easy and can look different for each of us, so let's do a mental health check-in and reflect on this past month.

- What have you done recently that made you feel good?
- How have you been sleeping?
- What are you grateful for right now?
- What's something we can do together as a school community to assist with morale and Panther Pride?



World Mental Health Day

Sunday, October 10th is World Mental Health Day! The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.



Mental Health Tip for the Month

Take a break when needed! A change of scenery or pace is good for one's mental health. Take a 5-minute break to destress by taking a walk, listening to mindful/inspirational music, taking deep breaths, drinking a glass of water, or even journaling your thoughts. A 5-minute break can be just enough to destress.

October Events

- **Anime Club**
 - Thursday, October 14, 2021
 - 3:30 - 4:30p
 - Location: Rosedale Library
- **Pumpkin Painting for Teens**
 - Thursday, October 21, 2021
 - 3:30 - 4:30
 - Rosedale Library
- **Teen Rock In Jump Dance Party**
 - Friday Nights
 - 8:00-10:00pm
 - 8855 Orchard Lane, Towson MD
 - \$14 admission
 - Ages 11-17

