

STEP NEWSLETTER

SIMPLE TIPS FOR EDMONDS TO PRACTICE

May 1, 2021

TIPS

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.¹

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the second leading cause of death among people aged 10-34.²

Ways to Boost Mental Health

Utilize Positive Self-Talk

Self-talk is our inner voice, an ongoing dialogue we have with ourselves everyday. It influences how you see yourself and the world around you.³

Connect with Others

Having good social support may help protect you against the harms of stress. Talk to people you feel comfortable with about your feelings or worries, then give yourself permission to stop worrying.

Take Care of your Physical Health

Your physical and mental health are connected. Some ways to take care of your physical health include being physically active, eating healthy and getting adequate sleep.

¹ <https://www.mentalhealth.gov/basics/what-is-mental-health>

² <https://www.thenationalcouncil.org/mental-health-month/>

³ <https://7summitpathways.com/blog/what-is-positive-self-talk/#:~:text=Positive%20self%20talk%20is%20an,and%20recognize%20when%20you%20fail.>

SELF-CARE

- ★ Maintain a daily routine with consistent sleep, activity and study patterns.
- ★ Say NO, it is okay to set healthy boundaries.
- ★ Be kind to yourself. You spend the most time with yourself, so make sure your relationship with the person in the mirror is a positive one.
- ★ Look for opportunities to laugh! Laughing helps release endorphins, our bodies' feel-good hormones.

STUDENT SPOTLIGHT

The STEP Team would like to spotlight all Edmonds students for soaring throughout the school year. 2020-2021 was like no other, but you all showed determination and resilience. Keep striving, be safe, and make good choices.

Your mind matters!

Ms. Anderson, Mrs. Young, Mr. Leslie, Mr. Mobley

MOTIVATIONAL MINUTE



SUPPORT TEAM for EDUCATION PARTNERSHIP

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RESOURCES



[SEL Resources](#)

[Heart and Mind Well-being Resources](#)

[Kids Health in the Classroom](#)

[High School Student Mental Health Guide](#)

[25 Fun Mindfulness Activities for Children and Teens \(+Tips!\)](#)

[Social Emotional and Mental Wellness](#)

[We All Have Mental Health](#)

[What is mental health?](#)

[5 Tips To Staying Mentally Healthy](#)

[Additional Resources](#)

[5 Self-Care Practices for Every Area of Your Life](#)

[Poster - 31 Ways to Work on Your Wellness](#)

[31 Tips to Boost Your Mental Health](#)

[Racism's Impact on Mental Health](#)

[Tips to Help Teens Cope During COVID-19](#)

[High School Student Mental Health Guide](#)

[Mental Health Resources](#)

Non-emergency Mental Health Issues

Philly HOPE Line (call or text):

1-833-PHL-HOPE

Mental Health Emergencies

Mobile Crisis: 215-683-6440

**Philadelphia Children's Crisis Response Center:
215-878-2600**

Suicide Prevention Lifeline: 1-800-273-TALK

SAMHSA (Substance Abuse and Mental Health Services Administration): 1-800-662-HELP

Disaster Distress Helpline: 1-800-985-5990



RESOURCES

A yellow and dark blue poster for a karaoke event. The top half is yellow with a dark blue microphone graphic on the left. The bottom half is dark blue with yellow text. There are several musical note icons scattered throughout. A dark blue oval with white text is in the upper left.

THE F. S. EDMONDS STEP TEAM PRESENTS

NO CURSING
OR LEWD
LANGUAGE!!!

STEP INTO THE MIC KARAOKE

Come sing your heart out or listen to
your friends perform their favorite songs

Every Friday | 11:50 am - 12:35 pm
Zoom ID: 829 8506 7551
Passcode: 683748

PLEASE HAVE THE ARTIST NAME AND
SONG TITLE WHEN SIGNING UP

RESOURCES



WELLNESS WEDNESDAY

CAREGIVER CHAT & CHEW

Join the STEP Team as we share
behavioral health supports and
community resources

1ST WEDNESDAY EVERY MONTH
12:00 PM - 1:00 PM

Zoom Meeting ID:
219 022 3796

