



Your mental health is important!

# BE KIND TO YOUR MIND

We encourage you to complete regular mental health screenings to increase your awareness of your emotional well-being

**KNOW YOUR OPTIONS AND TAKE CARE OF YOURSELF.**

## Questions?

Whatever you need, the Mental Health Team is here for you.  
Contact Margot Lechlak, the Mental Health Coordinator at:  
[P] 734-322-2724 [E] [margot.lechlak@monroeisd.us](mailto:margot.lechlak@monroeisd.us)





## WHAT SCREENING DO I TAKE?

Click [HERE](#) to access Mental Health America where a number of screeners are available for you to utilize. These are completely anonymous and the MCISD will not receive your scores in any way. Once you have completed the screener that best fits your needs, it will self-score and provide you a breakdown of your score. There will be recommendations made regarding possible next steps. At the bottom there will be additional information and resources.

## WHAT RESOURCES ARE AVAILABLE AT THE ISD?

If your insurance is through MCISD, call 800-336-0013 to get information on your behavioral health coverage & to identify an in-network provider.

Typically for an in-network behavioral health visit:

- ✦ MESSA ABC plans 1&2 has no charge
- ✦ MESSA ABC plan 3 has a 10% coinsurance
- ✦ MESSA CHOICES has a \$20 copay/visit
- ✦ MESSA Essentials has a 20% coinsurance

The Mental Health Team is available to consult with staff regarding a number of needs.

- ✦ Providing a referral to a community provider for you or a member of your family.
- ✦ Identifying and practicing easy-to-use relaxation and mindfulness strategies.
- ✦ Discuss mental health strategies to implement in your classroom.

## STRATEGIES FOR RIGHT NOW

- ✦ [MyStrength App](#); Passcode: MCMHACommunity
- ✦ [Relaxation & Mindfulness Tools](#) from Calm
- ✦ [Relaxation & Mindfulness Tools](#) from Headspace

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