

Wellness

May wellness tips from the MCISD Mental Health Team

Mental Health Awareness Month!

Earn your Be There Certificate!

FREE 2 HOURS
ONLINE INTERACTIVE

The Be There Certificate is a free, self-paced learning experience designed to increase mental health literacy and provide you with the knowledge, skills, and confidence needed to safely support anyone who may be struggling with their mental health.

Mental Health Statistics

In 2020, there was a 31% increase in mental health-related emergency department visits among U.S. adolescents.

1 in 5 young people report that the pandemic had a significant negative impact on their mental health.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Learn more [HERE](#)

Youth Mental Health First Aid

Next training 6/14 8am-1pm
Free, Virtual
Registration Coming Soon!

Questions?

Whatever you need, the Mental Health Team is here for you. Visit our webpage: MCISD Mental Health Support Services & Twitter for updates & resources! Call: 734-322-2724 @MCISDMentalHlth

Meaningful May
Calendar



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