



WELLNESS

September Wellness tips from the MCISD Mental Health Team

Mindset Check

Which one are you starting the year with?



Belief that even if you struggle with certain skills, your abilities aren't set in stone. The idea that with work, your skills can improve over time.
(Link in picture)



Belief that your intelligence and abilities are innate and unchangeable. When faced with a task that seems too challenging, you may think, "There's no way I can do that, so why bother trying?"

Questions?

Whatever you need, the Mental Health Team is here for you.

Visit our webpage:

[MCISD Mental Health Support Services](#) & Twitter for updates & resources! We have expanded- look to see who has joined our team!

Call: 734-322-2724

@MCISDMentalHlth

Start the year off right

[Self Care September Calendar](#)

Suicide Prevention Month

988 NUMBER IS LIVE!

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Monroe County's Suicide Awareness and Remembrance Vigil and Gathering 9/10 @ 7pm.
[Click here](#) for more information.

