



SCHOOL COUNSELING & MENTAL HEALTH SERVICES



2024-2025 WELLNESS WEDNESDAY DATES & TOPICS HIGH SCHOOL

<u>Date</u>	<u>Grade 9 and 10 Topic</u>	<u>Grade 11 and 12 Topic</u>
August 28, 2024	Mental Health Awareness and Assistance	Positive Core Values
September 25, 2024	Recognition of Signs and Symptoms of Mental Health Disorders	Recognition of Signs and Symptoms of Mental Health Concerns
October 23, 2024	Strategies to Develop Healthy Coping Techniques	Skills to Foster Resiliency
November 20, 2024	Strategies to Support a Peer, Friend, or Family Member with a Mental Health Disorder	Strategies to Support Others Through Adversity
December 11, 2024	How to Reduce Stigma Around Mental Health Disorders	Reducing Stigma
January 22, 2025	Prevention of Child Trafficking/Relationship Safety/Internet Safety	Service to the Community, Leadership, and Mentorship
February 26, 2025	Prevention of Mental Health Disorders	Resiliency Through Adversity
March 26, 2025	Prevention of Suicide	Prevention of Suicide
April 16, 2025	Prevention of the Abuse of and Addiction to Alcohol, Nicotine, and Drugs	Prevention of the Abuse of and Addiction to Alcohol, Nicotine, and Drugs
May 7, 2025	Awareness of Resources and Process for Accessing Treatment	Awareness of Local, School, and Community Resources