

# MARK YOUR CALENDAR

## MCPS Mental Health Awareness Week

Oct. 21–Oct. 26, 2024

*Let's end the stigma.*

*Let's talk about mental health.*

### Inviting all community members

The Office of Well Being and Student Services and the Montgomery County School Psychologists' Association will co-host the 2024 Mental Health Awareness Week (MHAW).

**The Mental Health Resource Fair and Student Forum will be held on Saturday, October 26, 2024, from 10:00 a.m.–2:00 p.m. at Seneca Valley High School, 19401 Crystal Rock Dr., Germantown, MD 20874.**

The event is open to students, families, and staff and will include MCPS and community partners sharing information about mental health and wellness; as well as a student forum focusing on issues impacting Montgomery County youth. Students may earn Student Service Learning hours for attending the Resource Fair.

For details and announcements about activities, speakers, resources for students and staff, and how to join us, please visit [www.MCPSmentalhealth.org](http://www.MCPSmentalhealth.org).



Maryland's Largest School District

**MONTGOMERY COUNTY PUBLIC SCHOOLS**

MCPS

Mental Health Awareness Week

Co-sponsored by MCSPA

### TOPICS

- Mental Wellness
- Coping with Stress
- School and Community Resources
- and more...

**Students!**

Attend the Resource Fair virtually or in person and earn SSL hours for graduation.

MONTGOMERY COUNTY PUBLIC SCHOOLS

BE WELL

365

BE HEALTHY • BE KIND • BE YOU