

MARK YOUR CALENDAR

MCPS Mental Health Awareness Week October 26-31

Let's end the stigma.

Let's talk about mental health.



Inviting all community members to join us virtually

MCPS and the Montgomery County School Psychologists' Association (MCSPA), will host a free virtual event October 26–31, to give youth and families the opportunity to hear from mental health experts on issues that are important to them. The weeklong expo will feature daily themes, dynamic speakers and breakout sessions, and end with a resource fair and Q&A session on Saturday, October 31. Sessions will be available in multiple languages.

For details and announcements about daily topics, speakers, resources and how to join us, please visit www.MCPSmentalhealth.org.

TOPICS

- Coping with COVID
- Healthy Living
- Suicide Awareness/Prevention
- ...and more



A call to action bubble with a teal background and white text. The text reads: 'Students! Participate virtually and earn SSL hours for graduation. Visit website for details and requirements.' The bubble is positioned in the lower middle section of the page.

A circular logo with a teal background and white text. The text reads: 'MONTGOMERY COUNTY PUBLIC SCHOOLS' at the top, 'BE WELL' in a large font in the center, and '365' in a very large font below it. At the bottom, it says 'BE HEALTHY • BE KIND • BE YOU'. The logo is positioned in the bottom right corner of the page.

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS