



GOWANDA CENTRAL SCHOOL

Engaging students in learning through the development and use of communication, collaboration, creativity and critical thinking.

PAWS For Your Mental Health October 2018 Edition

Mental Health is just as important as Physical Health

October has several days that focus on Mental Health : 10/11 (World Depression Screening Day). 10/7-10/13 Mental Health Awareness Week. We also like to highlight 10/23-10/31 which is Red Ribbon Week (Drug-Free America) since we know that often times mental illness and substance use can co-occur.

- 20 percent of youth in a given year may experience a mental health concern.
- Mental Health is defined as “a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community”.
- If you feel your child may be having difficulties coping with stress or other concerns, this is normal and there are a lot of ways to help. You can contact one of the school social workers or counselors, or utilize any of the following resources listed below.
- One way to support someone experiencing emotional distress is to listen nonjudgmentally: Be genuine and respectful, be careful about using slang, be comfortable with silence, be in the present with them without comparing to your own youth, be aware that the young person’s feelings are very real, be accepting even though you may not agree, be aware of your body language and facial expressions, be positive with your feedback, be helpful with language without telling them how they feel or “should” feel.

Local Mental Health Resources

Josh Dry, Mental Health Counselor (comes to Gowanda School) (716) 532-3325 ext. 5014

Spectrum Human Services (Springville) (716) 592-9301

Hamburg Counseling Services (716) 648-0650

Resource Center (Dunkirk) (716) 366-7660

Best Self Behavioral Health (offices in Gowanda, and North Collins) (716) 842-0440

Seneca Nation of Indians Behavioral Health (716) 532-5583

Zoar Valley Clinic (716) 532-2231

Do you have additional questions about mental health supports in the area or concerned about your child? Please contact your child’s school counseling office and ask to speak with a counselor or social worker

Mental Health Newsletter brought to you by:

Carmen Muscarella, LMSW x4008
Elementary School

Briana Postle, LCSW x5101
Middle School

Robyn Stanley, LMSW x6012
High School