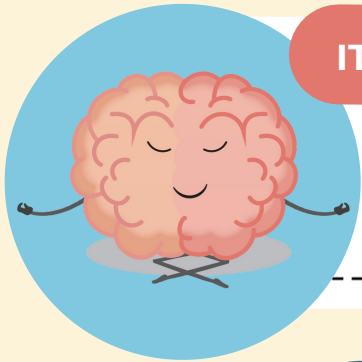


MENTAL HEALTH DAYS ARE EXCUSED!

IT'S THE LAW



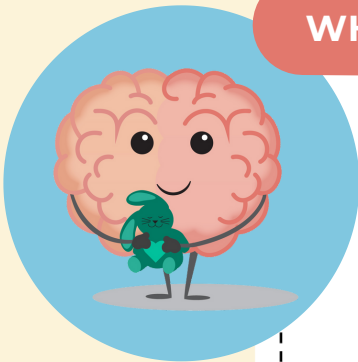
Did you know that, under a new CA law, absences for the purpose of **supporting your mental health** are **excused** if you are a public school student?

WHEN TO TAKE A MENTAL HEALTH DAY

- You feel burned out
- You don't have enough energy or won't be able to mentally handle the school day
- You're struggling with a diagnosed mental health issue, or mental health in general



WHAT A MENTAL HEALTH DAY SHOULD BE



- Catching up on rest and/or sleep
- Recovering from a stressful event that would keep you from engaging in class
- Consulting a mental health professional
- Taking preventative action to care for yourself
- Not for avoiding issues that can be addressed at school, catching up on academics only or partaking in activities detrimental to your health

HOW TO TAKE A MENTAL HEALTH DAY

- Accept you need a break
- Let your parents/guardians know
- Have your parent/guardian call school and say, "My child is taking a mental health day"
- No questions asked, work can be made up

