

STUDENT ACCESS: MENTAL HEALTH DAYS

IT'S THE LAW



In 2021, the state amended Ed Code to include days off for the purpose of a **student's mental health** in the list of acceptable reasons for **excused absences**.

Occasional mental health days can prevent prolonged or chronic absence due to acute mental health issues.

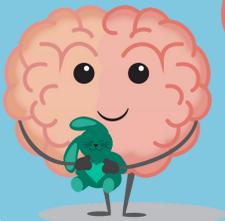
WHAT LOCAL STUDENTS ARE SAYING

"It is a much **healthier choice in the long run** to be absent for one day than it is to push yourself and **burn out faster**."

"If one day I have **too much anxiety or built-up stress** that I would not be able to **succeed in my school day**, that is just as important as when I am sick and have to stay home because I am throwing up."



HOW TO ENSURE ACCESS



- **Update attendance policies** to include info about mental health days; make them easily accessible on the **school/district website**
- Ensure **office/nursing staff** understand the policy and that **attendance slips** reflect mental health as a reason for excused absences
- Alert **teachers** that, by law, they must allow students to **make up work** when utilizing excused absences for mental health
- Include info about when/how to take mental health days when appropriate in **school newsletters/student announcements**
- Provide info about mental health days as part of the **health curriculum**

RESOURCES FOR YOUR SCHOOL

Including 1-page **info sheets** for students, parents/educators (incluendo en español), and a **sample announcement**

bit.ly/student-mental-wellness ✨

