



EXCUSED ABSENCES FOR MENTAL HEALTH

A PROJECT OF COMMUNITY EQUITY COLLABORATIVE

Sample Newsletter Announcement

Mental Health Days are Excused Absences

Did you know that student absences for the purpose of supporting mental health are excused by law?

Mental health affects **students' brain development, social and emotional skills, and academic success**. For students not experiencing chronic absenteeism, the occasional mental health day can keep a student in the right frame of mind to learn.

To report an absence due to mental health, **call the attendance line** and indicate that your student is taking a mental health day. A doctor's note is not required.

[Optional additional text:]

Mental health days can be used for rest, recovery from a stressful event that would keep a student from engaging in class, consulting a mental health professional, and other preventative self care. These days should not be used for avoiding issues that can be addressed at school, catching up on academics only or partaking in activities detrimental to student health.

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