



Good News Report

May 16, 2022

Transylvania County Schools
Communications/Community Relations



MAY

IS MENTAL HEALTH
AWARENESS MONTH

#breakthestigma

May is Mental Health Awareness Month 2022

Each year, people across the nation recognize the month of May as Mental Health Awareness Month. Many Americans are living with mental health challenges that have been exacerbated by the last two years of pandemic living. Others are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. This has resulted in an increased awareness of the need to break the stigma and talk openly with ourselves and our children about mental health issues, including identifying the risk factors; practicing the steps to stay mentally healthy; and recognizing when we or someone we love needs help. Help is available.



Employee Assistance Program

Transylvania County Schools provides a valuable benefit to all employees and their immediate family members known as the Employee Assistance Program (EAP). The school system has partnered with Employee Assistance Network, Inc., an independent provider of EAP services. There is no enrollment required. Under the EAP, an employee and their immediate family members have access to a counselor through EAN who will listen, understand, and help develop a plan to move forward. The services are confidential and prepaid by the employer. They can help someone improve or resolve personal difficulties, whether big or small, private or work-related. For more information, please visit [Employee Assistance Program](#).



Thank you as always to the Transylvania County Sheriff's Office and our SRO for tonight's meeting.



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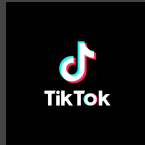
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