



The Journey to Wellness:

Mental Health Counseling for Students (TIDE Academy)



Needing Mental Health Support?

8 Signs To Look Out For:

Trouble Concentrating:

It's getting too difficult to complete assigned task.

Persistent Worry:

Feelings of worry or anxiety that affect your mood or daily activities.

Risk For Self-Harm:

Thoughts of hurting yourself or others.

Difficulty Managing Emotions

Challenges in regulating emotions. Persistent feelings of sadness, uncontrolled anger, irritability, hostility.

Disruption in Sleep/Appetite:

Feeling more sleepy throughout the day that affect your daily schedule/routine. Difficulty relaxing or going to bed at night. Changes in your appetite (more or less).

Grief

Loss of a loved one from Covid or unexpected circumstances. Feelings of loss.

Withdrawn

Loss of interest. Spending more time alone. Lack of interest in socializing or engaging in activities.

Low Self-esteem

Low self-confidence. Feeling badly or guilt about oneself.

Services:

Please contact your teachers for a referral or school counselors.

Or

Schedule a 30-minute meeting with me.
<https://calendly.com/analyln-abad>

(In-person on Tuesdays, Wednesdays, and half-day on Thursdays Only)

*StarVista's Mental Health
Therapist:*

Analyln Abad (she/her)
Marriage & Family Therapist Trainee

