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**Withdrawn**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.

StarVista's Mental Health Therapist:

**Analyn Abad (she/her)**
Marriage & Family Therapist Trainee

Services:
Please contact your teachers for a referral or school counselors.

Or

Schedule a 30-minute meeting with me.
https://calendly.com/analyn-abad

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