



# NEWS RELEASE

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## **Join BCPS in celebrating May as Mental Health Awareness Month**

*Activities include Mind Over Matters Virtual Mental Health Mile, May 28 - 30*

Towson, MD – May is Mental Health Awareness Month, and the first week, May 2-8, is [Children’s Mental Health Awareness Week](#).

“Good mental health is always essential,” said BCPS Superintendent Dr. Darryl L. Williams, “but this year, given the emotional toll we have all experienced, we want to bring special attention to nurturing the mental well-being of students and staff.”

Baltimore County Public Schools will offer activities and information and encourage all to visit [the Virtual Calming Room](#) throughout the month. Each day, daily mental health fast facts will be offered on the @MentalHealth\_CB Twitter account. Schools will share coping skills during their morning announcements and will offer mental health-related lessons and activities. Every Wednesday, middle and high school students can join a 45-minute Mental Health Wednesday session led by the Pure Edge/Holistic Foundation and BCPS student leaders. The sessions will take place at 2 p.m. on [Google Meet](#). The join code is mentalwellness.

On Thursday, May 6, all Team BCPS members are encouraged to wear green in support of children’s mental health.

On Tuesday, May 18, and Thursday, May 20, registered BCPS staff will participate in a two-part Youth Mental Health First Aid Training. Registration is full, but interested staff members can add their names to [the waitlist](#).

To culminate the month, BCPS will host its second annual "[Virtual Mental Health Mile](#)."

"The idea for The Virtual Mental Health Mile," said Courtney Blair, LCSW-C, BCPS supervisor of mental health, "is to bring about mental health awareness and to encourage students, families, and staff to engage in a physical activity – whether it is walking, running, swimming, or playing a sport. Boosting physical activity is one way to improve emotional well-being."

Those interested in participating in The Virtual Mental Health Mile can [register online](#). Those who register by Friday, May 21, will electronically receive a race bib. Participants are asked to share photos of how they completed their miles on social media using hashtag #BCPScares. The event is sponsored by the Mind Over Matters Campaign, First Financial Federal Credit Union, the BCPS Employee Assistance Program, and the BCPS Employee Wellness Committee.

Additional mental health activities and resources can be found on the Children's Mental Health Matters [website](#).

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[Baltimore County Public Schools](#), the nation's 25th largest school system, is focused on raising the bar and closing gaps to prepare our students for the future. Thanks to innovative and talented leaders, teachers, staff, and students, BCPS celebrates [many honors](#).