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|  | **Counselor’s Corner Newsletter**  **May 2023**  **May – is Mental Health awareness month** | | |  |
|  | **Mental Health Symptoms that often get overlooked:** | | |  |
|  |  | **Constant Worrying**  **Feeling numb**  **Insomnia**  **Hypersomnia**  **Why do these tend to get swept under the rug?**  **(body)**  **Somatic pain**  **Excessive fatigue** Hygiene neglectLoss of interests **Change in eating habits**  **Excessive fatigue**    **Lack of focus**  **Excessive fatigue**     1. **Misattribution to other illness or ailments.** 2. **Feeling too overwhelmed to get checked out.** 3. **Fearing the stigma of mental health treatment.** 4. **Lack of communication in healthcare** 5. **Shame or guilt.** | |  |
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| **Talking to a therapist can help.** |  |
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**If you wish to make an appointment with the school counselor, please do not hesitate to contact her through mail:**

[**suzie.h\_cis@gemsedu.com**](mailto:suzie.h_cis@gemsedu.com)

**or call her: 052-1067881 (leave a SMS / WA if there is no answer as she might be in a session).**

**Thoughtful Thursday:**

**On: 18th May,**

**At: The CIS auditorium**

**Time: 8 a.m.- 9:30 a.m.**

1. **Contact the school counselor.**
2. **Get access to weekly sessions.**
3. **Send your counselor a text whenever you need / want.**