

## FOR IMMEDIATE RELEASE

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### **EBRPSS to Recognize World Mental Health Day with School-Based Events**

**BATON ROUGE, La.** — The East Baton Rouge Parish School System is proud to join the international community in recognizing World Mental Health Day on Friday, Oct. 10.

World Mental Health Day is dedicated to raising awareness, fostering understanding and encouraging support for mental health across the globe.

First celebrated in 1992 by the World Federation of Mental Health, the day provides an opportunity to highlight the importance of mental well-being and remind individuals that reaching out for help is a sign of strength.

EBR Schools has encouraged staff and students to wear green, the color that symbolizes hope, renewal and growth.

"We believe mental health is just as important as physical health and deserves equal attention," said Dr. Bridgette Webster, director of EBR Schools Mental Health Services. "Our mental health professionals are committed to supporting students and helping them reach their full potential."

Several schools across the district will host special activities and events throughout the day:

- **Park Medical Academy, 2680 Bogan Walk**  
8 a.m. – 8:30 a.m. — Distribution of mental health awareness materials.
- **Sherwood Middle Academic Magnet, 1020 Marlbrook Drive**

8 a.m. – 1 p.m. — Fidget bag giveaway and discussing the "5 C's of Mental Health."

- **EBR Readiness Middle, 10337 Elm Grove Garden Drive**  
11:15 a.m. – 11:50 a.m. – Psychoeducation handouts and snacks.
- **Liberty Magnet High School, 1105 Lee Drive**  
10:30 a.m. – 11 a.m. & Noon – 12:45 p.m. – Distribution of mental health awareness materials.
- **Northdale Academy, 10755 Cletus Drive**  
10:40 a.m. – 11:20 a.m. – Sharing mental health psychoeducation sessions on coping and providing awareness materials.
- **Tara High School, 9002 Whitehall Ave.**  
9:05 a.m. – 10:45 a.m. - Providing information about ADHD and providing treats and mental health awareness materials.
- **McKinley High School, 7600 Boone Ave.**  
11:24 a.m. - 12:44 p.m. – Providing mental health awareness materials.
- **Wildwood Elementary, 444 Halfway Tree Road**  
8:00 a.m. - 10:30 a.m. - Providing psychoeducation and handouts.
- **Belfair Montessori Magnet, 4503 Winbourne Ave.**  
1:45 p.m. - 2:45 p.m. - Scavenger hunt and mental health resources to be provided.
- **Southeast Middle School, 15000 S. Harrells Ferry Road**  
7:30 a.m. - 2:45 p.m. - Scavenger Hunt and mental health resources to be provided.

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