



BRIGHT BRAIN

BULLETIN



MENTAL HEALTH THERAPY APRIL 2026

Sometimes when we think about mental health therapy, we are confronted with a bunch of negative stigma. We might worry about what other people think, how it will impact our jobs/school/family, and that others will perceive us as weak. Just like physical therapy aims to strengthen and rehabilitate physical struggles, mental health therapy helps in the same way with our mental health challenges.

NATIONAL COUNSELING AWARENESS MONTH

March is National Counseling Awareness Month. Counseling can be beneficial for everyone, whether they face mental health challenges or not. While starting counseling may be intimidating, speaking with a counselor regularly can help you regulate your emotions and be better in tune with your moods, thoughts, and feelings.

Project FRONTIER is proud to partner with High Plains Mental Health which offers a variety of counseling options across NW Kansas.



COUNSELING & WELLNESS

- Counseling offers a safe space to understand your thoughts, emotions, and experiences more clearly.
- Taking time to talk with someone can be a powerful step toward strengthening your mental wellness and resilience.

Self Reflection

What barriers can you identify that exist between mental wellness and getting counseling?

TOUCHING GRASS

Let's try a physical grounding technique to help with mindfulness. • Find a good spot outside. • Take off your shoes & socks. • Close your eyes. • Feel the soft grass under your feet. • Breathe in the fresh air. • Feel the warmth of the sun on your face. • Pause and reflect on how your body feels. • Take one more deep breath in and out. • Open your eyes. •



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