



NEWSLETTER

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APRIL 2025

NATIONAL COUNSELING AWARENESS MONTH

April is National Counseling Awareness Month, a time to honor and acknowledge the invaluable contributions of counselors. These professionals are essential in promoting mental health wellness, offering guidance, and supporting individuals through life's challenges. They play a vital role in creating a safe and supportive environment where individuals feel heard and understood.

WHY COUNSELORS ARE IMPORTANT

- **Emotional Support:** Counselors provide a non-judgmental space for individuals to express their thoughts and emotions.
- **Guidance and Advice:** They assist individuals in making informed decisions about personal, academic, or career-related issues.
- **Crisis Intervention:** Counselors are trained to offer immediate support during crises, helping individuals regain stability.
- **Mental Health Advocacy:** They work tirelessly to raise awareness and reduce stigma surrounding mental health issues.



WELCOME TO APRIL!

As the vibrant colors of spring begin to bloom, this month offers a perfect opportunity to focus on nurturing our mental and physical well-being. April is packed with significant observances that remind us to prioritize health, seek support, and engage in open conversations about mental health. Whether it's through acknowledging the critical work of counselors, understanding the sources of our stress, or celebrating global health initiatives, there are numerous ways we can come together to support ourselves and each other. Let's make this month a time of reflection, learning, and positive action toward a healthier future.

High Plains Mental Health offers a range of mental health services to support our community. Their team of professionals is available to provide counseling, crisis intervention, and other essential services to ensure that individuals receive the care they need. For more information, visit hpmhc.com.

Ways to Thank Counselors

- **Write a Thank You Note:** Personal notes from students, parents, and colleagues can express genuine appreciation.
- **Organize a Recognition Event:** Host a small ceremony or virtual event to celebrate and acknowledge counselors' hard work.
- **Create a Tribute Video:** Collect messages of gratitude and stories highlighting counselors' positive impact.
- **Offer Professional Development Opportunities:** Provide access to workshops or training sessions to support their ongoing growth.
- **Share Success Stories:** Encourage students and staff to share how counselors have made a difference in their lives.

Let's take this month to express our gratitude for the dedication and hard work of counselors in our communities.



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STRESS AWARENESS MONTH

Stress Awareness Month serves as a reminder of the impact that stress can have on our health and well-being. This month, let's focus on recognizing the symptoms of stress and exploring effective strategies for managing it.



COMMON SYMPTOMS OF STRESS

- **Physical:** Headaches, muscle tension, fatigue, and upset stomach.
- **Emotional:** Anxiety, irritability, restlessness, and feeling overwhelmed.
- **Behavioral:** Changes in appetite, sleep disturbances, or withdrawal from social activities.
- **Cognitive:** Difficulty concentrating, forgetfulness, and racing thoughts.

This month, consider practicing mindfulness, engaging in regular physical activity, or setting aside time for relaxation to help reduce stress levels.

Remember, managing stress is crucial for maintaining a balanced and healthy lifestyle.

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APRIL OBSERVANCES



- **April 7: World Health Day:** A day to raise awareness about global health issues and promote healthy living. Let's take this opportunity to learn more about health challenges faced worldwide and consider how we can contribute to healthier communities.



- **April 16: World Semicolon Day:** Observed to raise awareness about mental health struggles and suicide prevention, the semicolon symbolizes a pause rather than an end, representing hope and continuation. Let's support open conversations about mental health.



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RESOURCES

To support your journey toward better mental health and well-being, here are some valuable resources:

- **National Alliance on Mental Illness (NAMI):** [NAMI.org](https://www.nami.org) - Offers information, support, and education about mental health.
- **Greater Good Science Center:** greatergood.berkeley.edu Provides research-based insights and tools for well-being and mindfulness in education.
- **Stress Management Tips:** [HelpGuide.org](https://www.helpguide.org) Practical tips and strategies for managing stress.
- **Restorative Practices:** The Neutral Zone Information on restorative practices and how they can be implemented in educational settings.
- **High Plains Mental Health Services:** [hpmhc.com](https://www.hpmhc.com) Comprehensive mental health services for counseling, crisis intervention, and more.

RESTORATIVE PRACTICES WITH THE NEUTRAL ZONE

Imagine a school environment where conflicts are not just managed but transformed into opportunities for growth. We are thrilled to partner with The Neutral Zone to bring this opportunity to Northwest Kansas, focusing on Restorative Practices. Discover how these innovative approaches can revolutionize your schools and create a safer, more harmonious learning environment for all. Each Zoom session will cover the same content, so you only need to attend one.



Zoom Call Schedule:

April 14: 8:30 AM - 10:30 AM CST

April 15: 1:00 PM - 3:00 PM CST

April 16: 3:45 PM - 5:45 PM CST

Join us to explore how every student can feel heard, every conflict can be a learning opportunity, and how we can collectively build a culture of empathy and understanding. **Use this QR code to register!**



CONCLUSION: As we navigate through April, let's commit to prioritizing our mental and physical health. Whether by expressing gratitude to our counselors, managing stress effectively, or participating in global health discussions, every small action contributes to a healthier, more supportive community. We encourage you to share your experiences, insights, and support with those around you, fostering an environment of care and understanding.