

Edmonds Elementary School Support Team for Educational Partnership (STEP) May 2025 Newsletter



In every **story**, there's **strength**!

PRIORITIZE MENTAL HEALTH

Mental health is important because...
It impacts how we think, feel, and act.
It helps us cope with stress.
It impacts our physical health.
It affects productivity.
It strengthens relationships.



FIND HELP

FOR MENTAL HEALTH
AND SUBSTANCE USE

988 Suicide & Crisis Line
Call or text 988 or 988Lifeline.org

Veterans Crisis Line
Dial 988 (Press 1) Text 838255

Disaster Distress Helpline
Call or text 1-800-985-5990

SAMHSA's National Helpline
1-800-662-HELP (4357)

FindTreatment.gov
findtreatment.gov

FindSupport.gov
findsupport.gov

EDMONDS STEP TEAM

Ms. Young, Clinical Coordinator
Ms. Rendleman, School Behavioral Consultant
Ms. Boone, Case Manager
Ms. T, Family Peer Specialist

