


October 2025

Counselor Corner



October 10th is World Mental Health Day. According to the World Health Organization, the overall objective of this day “is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.” At Riverside School District, we are constantly striving to remove the stigma of mental health by increasing conversation about it and understanding that asking for help is the first step!

If looking to refer a student for any mental health services at RSD, please click the link below:

[*Request for Mental Health Services*](#)

Social determinants of health (e.g. income, employment, education, food security, housing, social support, discrimination, access to health care) greatly affect individual mental health. Knowing this information can help guide intervention and ideally prevent the onset of mental health concerns.

According to Community Care, strategies that address SDOH include:

- School based interventions (reduce stigma, encourage help seeking, reduce disruptive behavior in school)
 - School based mental health programs
 - Parenting interventions
 - Early life home visitation programs (low income families, young and isolated mothers)
 - Prenatal and postnatal maternal supports
 - Trauma informed interventions
 - Health Literacy Programs
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