**TEXT/SMS CONTENT: HIGH SCHOOL**

VERSION 1

Reminder: Your high schooler may bring home mental health items from SD Behavioral Health like keychains, stickers and tech backgrounds to encourage positive thinking and support their well-being.

VERSION 2

Your student might receive some positive mental health resources from school to promote healthy mental health habits. These reminders let them know it’s okay to talk about their feelings and ask for help.

**TEXT/SMS CONTENT: MIDDLE SCHOOL**

Your child may bring home items from SD Behavioral Health such as bookmarks, pencils and magnets. These items serve as a constant reminder that mental health is just as important as physical health.

SD Behavioral Health has made mental health items — like stickers, magnets and pencils — for our students to help encourage them to talk openly about their feelings and seek help when needed.

**TEXT/SMS CONTENT: ELEMENTARY SCHOOL**

Your child may come home with special items from SD Behavioral Health, like stickers or bookmarks, to help them feel supported and encourage positive thinking when emotions run high.

Just a heads-up! Your child might bring home items from school that support mental wellness, like tips for calming down and fun reminders that it’s okay to talk about their feelings.