



EXCUSED ABSENCES FOR MENTAL HEALTH

A PROJECT OF COMMUNITY EQUITY COLLABORATIVE

Sample Newsletter Announcement

Mental Health Days are Excused Absences

Did you know that, under a California state law, absences for the purpose of supporting mental health are excused for public school students?

Mental health affects **students' brain development, social and emotional skills, and academic success**. For students not experiencing chronic absenteeism, the occasional mental health day can keep a student in the right frame of mind to learn.

To report an absence due to mental health, parents/guardians should **call the attendance line** and indicate that their student is taking a mental health day. A doctor's note is not required.

[Optional additional text:]

Mental health days can be used for rest, recovery from a stressful event that would keep a student from engaging in class, consulting a mental health professional, and other preventative self care. These days should *not* be used for avoiding issues that can be addressed at school, catching up on academics only or partaking in activities detrimental to student health.

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