

# Buck Lake Elementary

## Mental Health Supports

Our team is committed to providing support to our students and families during our digital learning days.

We are available by e-mail, phone, or virtual meeting using Microsoft Teams.

Topics may include, but are not limited to:

- Anxiety or Stress
- Difficulty adjusting to or coping with COVID-19 school closure or life changes
- Frustration with academics or assistance with study habits in a distance learning setting

### BLE Student Services Team

Sarah Mullinax, School Counselor

Robert Grandal, School Psychologist

Heather Pearce, School Social Worker

If you have issues or concerns, please contact your child's teacher or e-mail Mrs. Mullinax at [mullinaxs@leonschools.net](mailto:mullinaxs@leonschools.net)

*We are here for you!*

