



## From CFBHN CEO

As summer ends and school begins, students across Central Florida are preparing for the new school year.

I remember this time of year very well. It can be exciting, but it can also bring stress and anxiety. Central Florida Behavioral Health Network wants to help students and parents manage this transition smoothly and support their mental health.

### Common Challenges

Going back to school can be tough. Some students might feel nervous about new classes, making friends, or keeping up with homework. Others may worry about fitting in or dealing with peer pressure. These feelings are normal, but it's important to address them early on.

### Tips for Students

1. **Stay Organized:** Use a planner to keep track of assignments and important dates. Staying organized can help reduce stress and make it easier to manage your workload.
2. **Set Goals:** Setting small, achievable goals can give you a sense of accomplishment and keep you motivated.
3. **Take Breaks:** Don't forget to take short breaks while studying. This can help improve focus and prevent burnout.
4. **Stay Connected:** Talk to friends, family, or a trusted adult about how you're feeling. Sharing your concerns can make them seem less overwhelming.
5. **Practice Self-Care:** Make time for activities you enjoy, like reading, playing sports, or listening to music. Taking care of your physical health with regular exercise and a balanced diet also supports mental well-being.

*If you need further assistance, please phone 813-740-4811. After business hours, on weekends and holidays, you may select the option to speak to someone immediately and you will be transferred to the 2-1-1 line of the Crisis Center of Tampa Bay.*



*a personal note from*  
**Alan Davidson**  
President & CEO

*"Education is the key to unlocking the world, a passport to freedom"*

*Oprah Winfrey*

### Tips for Parents

1. **Listen and Support:** Encourage your child to share their feelings about going back to school. Offer reassurance and let them know it's okay to feel nervous.
2. **Establish Routines:** Help your child get back into a routine with regular bedtimes and healthy meals. A consistent schedule can provide a sense of stability.
3. **Monitor Screen Time:** Ensure your child is not spending too much time on screens, especially before bedtime, as this can affect sleep and overall mood.
4. **Be Involved:** Stay engaged with your child's school life. Attend school events, meet their teachers, and be aware of their academic progress.
5. **Seek Help if Needed:** If your child seems overly anxious or stressed, consider reaching out to a school counselor or mental health professional for support. You can find a list of our providers [here](#). Need provider link

### Conclusion

Transitioning back to school can be a mix of excitement and anxiety. By staying organized, setting goals, and practicing self-care, students can manage their stress effectively. Parents can support their children by listening, establishing routines, and being involved in their school life.

Remember, it's okay to seek help if needed. At Central Florida Behavioral Health Network, we're here to support you and your family for a successful school year!

To find a CFBHN provider please use this link for our [Service Locator](#).