

# Mental Health Excused Absences

## Frequently Asked Questions

### **Will taking a mental health absence be excused by the school?**

Yes. According to the legislation passed in 2022, mental health absences will be treated as excused absences. This means that students will not face any academic penalties or negative consequences for being absent for mental health reasons.

### **What should I do if I need to take a mental health absence?**

If you feel the need to take a mental health absence, it is recommended to follow the school's procedures for reporting absences. This may involve notifying the appropriate school personnel, such as the attendance office or your teacher, about your intention to take a mental health day.

### **Do I need to provide documentation or a reason for my mental health absence?**

It's up to each school district to determine their requirements for excusing an absence for mental health reasons. Please contact your school district to learn more.

### **Can students under the age of 18 excuse their own absences for mental health reasons?**

No. Students under the age of 18 require parental consent or involvement to excuse their absences. It is essential for parents or guardians to be aware of their child's mental health needs and work together with the school to ensure appropriate support and accommodations are provided.

### **How will my teachers and peers be informed about my mental health absence?**

The mental health absence bill emphasizes the importance of confidentiality and privacy. Unless you choose to disclose your absence to your teachers or peers, the details of your mental health absence will remain confidential.

### **Will I be able to make up missed assignments or exams due to a mental health absence?**

Yes. The mental health absence bill ensures that students will have the opportunity to make up any missed assignments, exams, or coursework. It is recommended to communicate with your teachers to discuss a suitable arrangement for completing the missed work.

### **How can I make the most of my mental health absence day?**

Students should use their mental health absence day to prioritize self-care and well-being. It is also an opportunity to get support from mental health professionals and use resources available at the state and national levels.

### **Are there any limitations to the number of mental health absences allowed?**

The mental health absence bill does not impose any limitations from a legal standpoint. However, it's important to note that schools and districts may have their own policies regarding absences, and they may intervene if there are excessive absences unrelated to mental health. It's advisable to familiarize yourself with your school's specific guidelines.