

Mental Health Matters



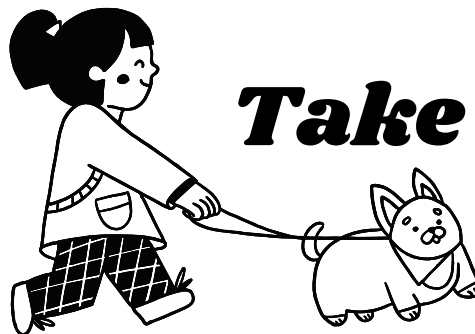
HI!

I'M TRIXIE

Hi! I'm Trixie I am the LAUSD Facility Dog! I have special training to provide emotional support to people in stressful situations. My friend and handler, Ms. Nicole McMahon, is a Psychiatric Social Worker with School Mental Health. Nice to meet you!

**Trixie's
tips for
relaxation**

1



Take a walk

2

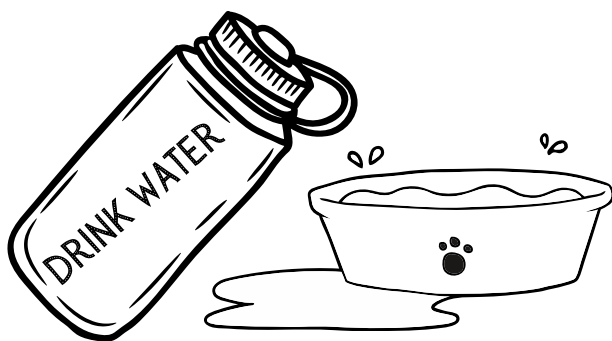
**Take a deep breath
and stretch**



4



3



Dearborn Elementary School
Mental Health Matters
Brenda Pineda, PSW