

# MENTAL HEALTH EXCUSED ABSENCES:



## FREQUENTLY ASKED QUESTIONS

### CAN STUDENTS EXCUSE THEIR OWN ABSENCES?

No, they cannot "unless they are an emancipated minor, are an unaccompanied youth, or are 18 years of age" and have formally made arrangements with the school administration.



### HOW MANY MENTAL HEALTH EXCUSED ABSENCES ARE ALLOWED?

Students can take up to [X] mental health excused absences, after which time the [counselor, dean of students, vice principal] will check in with the student and guardians to plan towards supporting the student's mental wellbeing and return to school.

### DOES THE SCHOOL DISTRICT REQUIRE OR REQUEST ANY MEDICAL DOCUMENTATION?

The school district [does/does not] require medical documentation, like a doctor's note, for a mental health day to be excused.



### ANY OTHER QUESTIONS? CONTACT [X]



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**