

## Mental Health Awareness Month

The month of May is Mental Health Awareness Month. Now more than ever, it is time to discuss and bring awareness to mental health. Our mental health plays a huge role in our well-being; it is important because it impacts all aspects of our life, such as how we think, feel, and act. There may be stigma around mental health, but by teaching and bringing awareness to our students and our community, we will see less stigma and more children and families receiving the services they need.

*For the month of May, let us bring Mental Health Awareness to our students, staff, and community!*

**By May 27<sup>th</sup>, please use the google link below to complete and submit how your school brought awareness to Mental Health and how you positively impacted your school community!**

**Google Link here:** <https://forms.gle/vt9G8cgqpTD4oVoFA>

Here are some ideas and activities that you can do in your school:

<b>Elementary School</b>	<ul style="list-style-type: none"> <li>● Rethink Lesson</li> <li>● Watch the movie Inside Out and complete an activity</li> <li>● Bulletin Board (stigma, take what you need, self-affirmation)</li> <li>● Utilize your mental health partner in your school to come up with an activity for your school.</li> <li>● Teach breathing exercises and when you use them.</li> </ul>
<b>Middle School</b>	<ul style="list-style-type: none"> <li>● Rethink Lesson</li> <li>● What are feelings? How to cope with feelings?</li> <li>● How to do a self-check-in</li> <li>● Bulletin Board</li> <li>● Classroom Activities (share stories)</li> <li>● Create a list of self-affirmation</li> <li>● How to support a friend</li> <li>● What does mental health mean?</li> </ul>
<b>High School</b>	<ul style="list-style-type: none"> <li>● Rethink Lesson</li> <li>● Bulletin Board (stigma, what is mental health)</li> <li>● Discussion Topics (homeroom, groups, etc.):               <ul style="list-style-type: none"> <li>○ How has mental health impacted your life?</li> <li>○ Do something nice for someone today</li> <li>○ “You are not alone. Talk about it.”</li> <li>○ How to support others when they’re struggling</li> <li>○ What are you grateful for?</li> </ul> </li> <li>● Morning Announcement</li> <li>● In-school community partner provide a school-wide activity</li> <li>● Coping Skills/Intervention (Listening to music, breathing, etc.)</li> </ul>

	<ul style="list-style-type: none"> <li>● How to manage feelings of anger, sadness or anxiety.</li> <li>● Create a video with students around different topics around mental health</li> <li>● How are some mental health trends that are occurring in your school.</li> <li>● Wear green – to represent Mental Health Awareness</li> </ul>
<b>Staff</b>	<ul style="list-style-type: none"> <li>● Staff Meeting – Check In</li> <li>● Meditation/breathing</li> <li>● Self-Care station</li> <li>● Share your story</li> </ul>
<b>Parents</b>	<ul style="list-style-type: none"> <li>● Information Sheet <ul style="list-style-type: none"> <li>○ How to discuss mental health with your student.</li> <li>○ Signs and behaviors to look for</li> </ul> </li> <li>● Parent virtual presentation <ul style="list-style-type: none"> <li>○ Share with families how your school supports mental health.</li> <li>○ Discuss partners that are in your school.</li> </ul> </li> <li>● Provide parents with a list of community resources.</li> </ul>

**Resource:**

**[Padlet - Mental Health Resources](#):** The Office of Student Support has arranged a variety of resources for students, families, and the entire school community to help you learn about mental health and the resources available. In the Mental Health Resources Padlet, you will find articles, upcoming support groups, calming Strategies, parent resources, and more.

**[Text lines and Helplines](#)** The Office of Student Support has collected different resources that students and families can easily access. Each organization listed has a clickable link that will guide you to the information and contact page. This resource is organized by mental health topics making it easy to navigate to the section that you need.

**For Parents: [“Checking in on Youth Mental Health”](#) :** Here are some tips and strategies that could be shared with parents and families on how they can start a conversation with their youth around the topic of mental health.