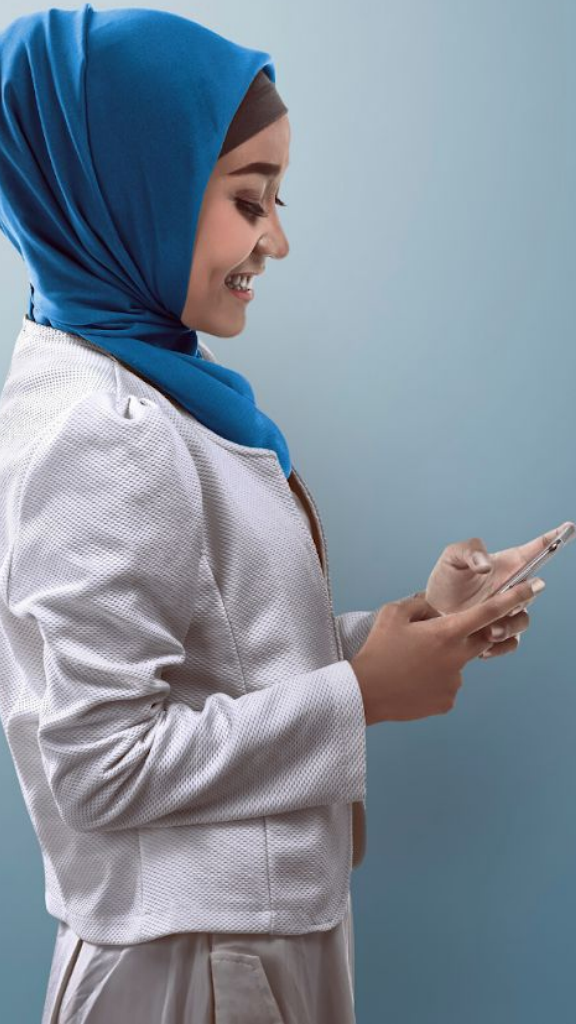




Mental Health Student Leadership Academy: **Mental Health 101**





WHAT IS MENTAL HEALTH?

- Mental health includes our feelings, thinking, emotions and moods.
- It affects how we think, feel and act.
- Mental health is important for a healthy, happy and productive life.
- Just like we brush our teeth everyday, we need to make sure our brains have the tools needed to be mentally healthy.
- Looking after our mental health is just as important as looking after our physical health.



**Everyone
has mental
health.**

**Everyone
deserves
good mental
health.**



GOOD MENTAL HEALTH

A state of wellbeing which allows us to:

- cope with the normal stresses of life
- function productively
- form & maintain positive relationships with others
- set goals
- feel, express and manage a range of positive and negative emotions
- contribute to the community







FEELINGS:

Everyday vs. Overwhelming

Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You have heard people call them a mental health problem, mental illness or mental disorder.



Everyday



Examples of everyday feelings might include: happiness, joy, disappointment.

Overwhelming

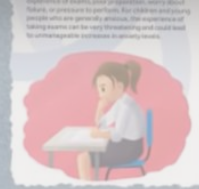


Examples of overwhelming feelings might include: loss, grief, despair.





To manage her everyday feelings, Sasha talks to her mom and takes a break



Low mood can mean an absence of feeling, irritability, lack of pleasure, and/or lack of motivation. Most people have experienced this at times. However, low mood means that people feel this way persistently. Doctors define low mood as feeling this way for over two weeks.

It is not always easy to spot low mood. Signs include changes in behaviour and relationships with friends and school staff, becoming more withdrawn and declining attendance. Low mood may be related to challenging home circumstances, bullying or difficult peer relationships.

1. Express concern for someone who is showing a low mood.
2. Express concern for someone who is showing a low mood.
3. Arrange to check up on someone who has a low mood. This will show that you care.
4. Have your concerns with you for support when you need it.
5. Have your concerns with you for support when you need it.



To manage his overwhelming feelings, Andre talks to his teacher.

WHAT GETS IN THE WAY OF GOOD MENTAL HEALTH?



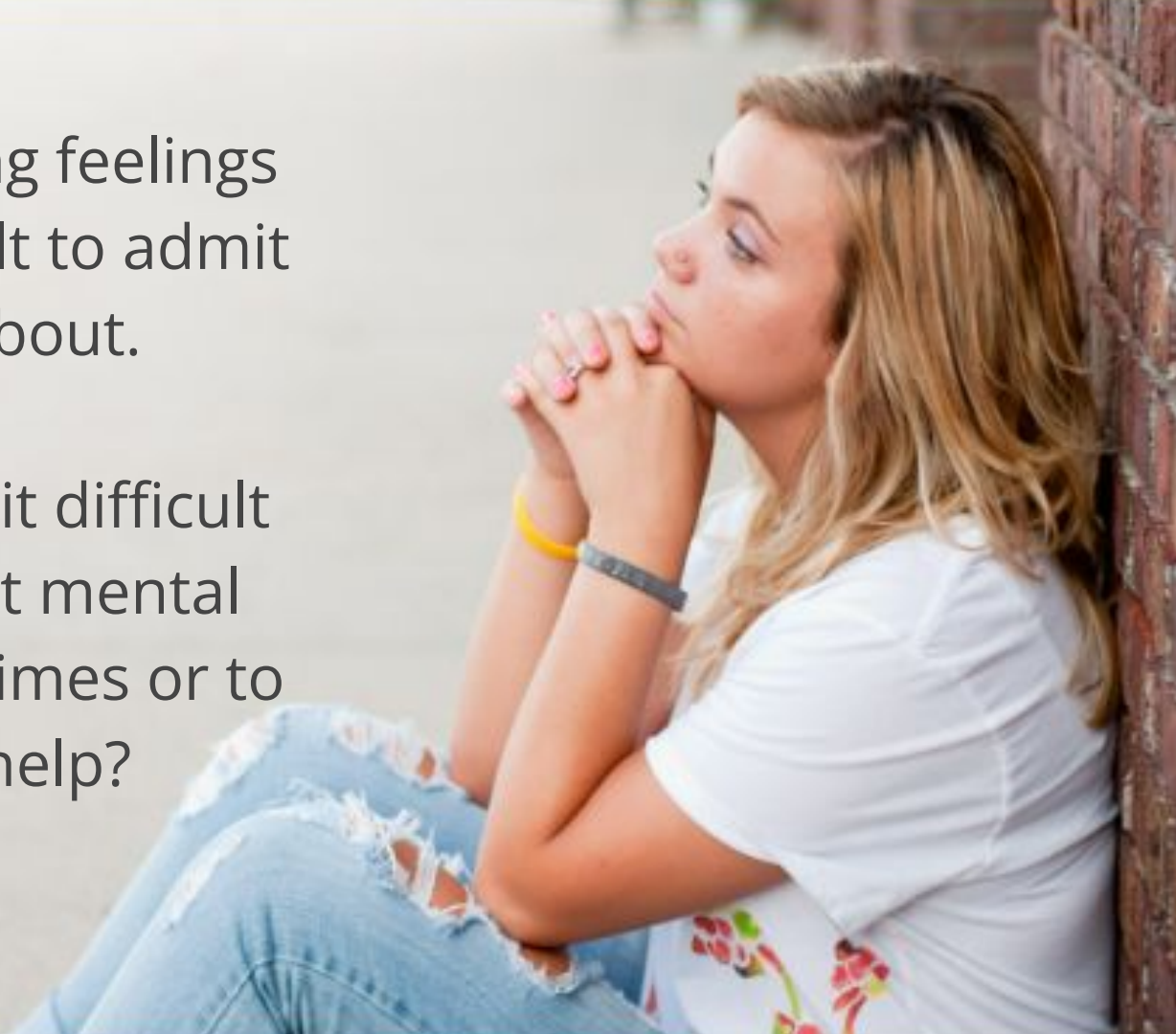


Too much stress
can lead to
overwhelming
feelings.



Overwhelming feelings
can be difficult to admit
or talk about.

What makes it difficult
to talk about mental
health sometimes or to
ask for help?



STIGMA

Stigma = a mark of shame associated with a particular circumstance, quality, or person.

80%
**OF PEOPLE WITH DEPRESSION
DO NOT SEEK TREATMENT
BECAUSE OF STIGMA**



"If I need help, I'll be disrespected or disgraced. I should just be happy."

Mac



"Stigma for me looked like, 'What goes on in this house, stays in this house.' and it looked like that for a lot of my friends, too."

Jasmine



STIGMA

You can all
help to get rid
of stigma

HEY
CAN I
HELP?

I
LOVE YOU
NO MATTER
WHAT

YOU ARE
NOT ALONE
IN THIS

I'M
HERE
TO
LISTEN



NORMALIZING CONVERSATIONS

"How Do You Feel Today?"

School-Wide Activity Instructions

When students (and staff) arrive at school, they are invited to select the emoji with the emotion that best matches how they are feeling that morning and put it on the "How are you feeling today?" board.

This activity is a fantastic way to ask students to pause for a moment, check in with themselves, and respond to the question "How are you feeling today?" with more than just "Fine". After all, the first step in managing how you're feeling is to first identify exactly what it is you're feeling.

Additional idea: print emojis on sticker page.



**You are
not alone.
There is
hope.**

If you feel alone,
talk to a trusted adult today.



**Everyone
deserves
good
mental
health.**

You deserve to feel better,
talk to a trusted adult today.





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WHERE CAN I LEARN MORE?





If you or a friend need immediate support, talk to an adult or dial 911.

Suicide & Crisis Lifeline:

(call, text or chat)

988

Crisis Text Line:

Text "Listen" to 741741





Erika's Lighthouse

A Beacon of Hope for Adolescent Depression®

Thank you!

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