



The Mental Health Student Leadership Academy modules educate Empowerment Club members about mental health and their role as a trusted peer and mental health leaders.

- **Step 1:** Clubs watch the 3 video-based modules
- **Step 2:** Club members can talk about the discussion questions after watching each of the the video-based modules

Modules

- 1 MENTAL HEALTH 101**
Youth will learn what is mental health, the difference between everyday and overwhelming feelings, coping strategies and how too much stress can get in the way of good mental health.
- 2 BEING A TRUSTED PEER**
Youth will gain confidence and skills to help a peer who might be facing a mental health challenge or crisis. They will learn what do to if they're worried about a peer, and how to have supportive conversations with friends.
- 3 BE A MENTAL HEALTH LEADER**
Youth will learn how to spread awareness and education about mental health in their school. They will learn how do the Erika's Lighthouse Awareness into Action Activities.