



LET'S STOP THE STIGMA TODAY...

Mental Health Awareness and Support



LEARN ABOUT MENTAL
HEALTH, HOW TO HELP
YOUR STUDENT, AND
HOW TO ACCESS
SERVICES

We can break the stigma.



The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



#QuitMonday

QUIT
& **STAY QUIT**
MONDAY



What is Mental Health

Mental Health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.



MENTAL HEALTH

IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

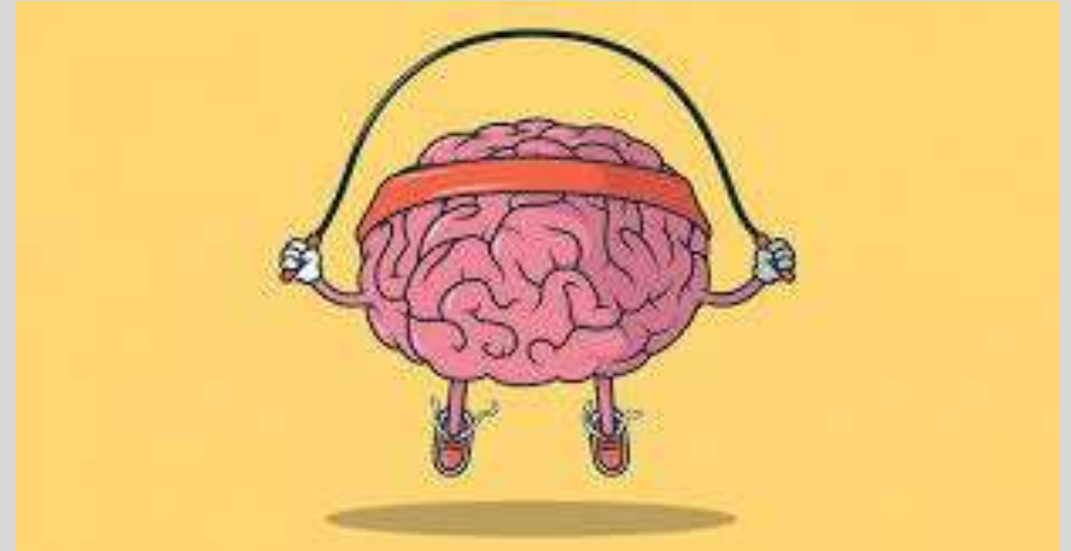
ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of

Mental Health Statistics

- Mental illnesses are among the MOST common health conditions in the United States
- Over 1 in 5 youth, ages 13-18 either currently or at some point during their life have had a seriously debilitating mental illness.
- Anxiety disorders are among the most common mental illnesses found in teens
- Depression is the second most common teen mental health disorder.
- 64% of teens reported feeling the world is more stressful now than when parents were their age
- Teen girls were more likely to report feelings of anxiety than teen boys
- 25% of teens have been diagnosed with a mental health condition
- 28% of teens report having received mental health treatment
- Teen boys were more likely to say they do not need treatment for their mental health





Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Just like physical health, mental health can change over time, depending on many factors.



The Mental Health Continuum

Drowning	Struggling	Surviving	Performing	Thriving
Very anxious	Anxious	Worried	Positive	Cheerful
Very low mood	Depressed	Nervous	Calm	Joyful
Absenteeism	Tired	Irritable	Sleeping well	Energetic
Exhausted	Poor sleep	Sad	Eating normally	Solution-focused
Very poor sleep	Poor appetite	Trouble sleeping	Normal social activity	Flow
Sickness, physical pain	Presenteeism	Distracted		Fully realizing potential
Isolation	Low self-esteem	Withdrawn		Actively seeking connections
Weight loss				

Warning Signs

- Changes in sleeping or eating patterns
- Changes in mood, including outbursts or extreme irritability
- Persistent sadness
- Losing interest in or withdrawing from activities they normally enjoy
- Starting or increasing substance use
- Hurting oneself or talking about hurting oneself
- Talking about death or suicide
- Frequent headaches or stomachaches
- Difficulty concentrating
- Changes in academic performance
- Avoiding or missing school

ING

WARNING

G

WARNING

WARN

WARNING

WARNING

ARNING

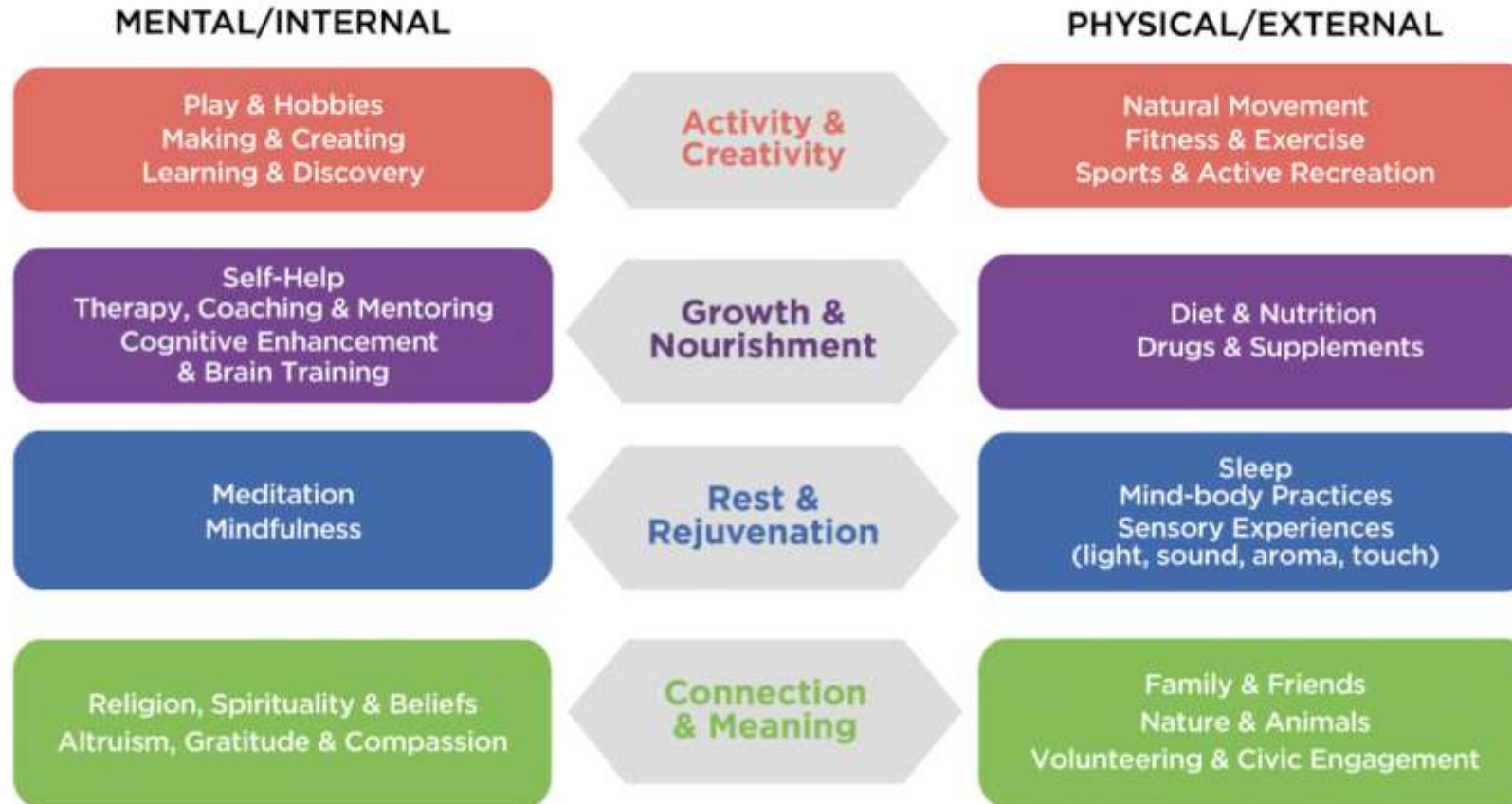
WARNING

WARNING

WARNING

WARN

Pathways to Mental Wellness



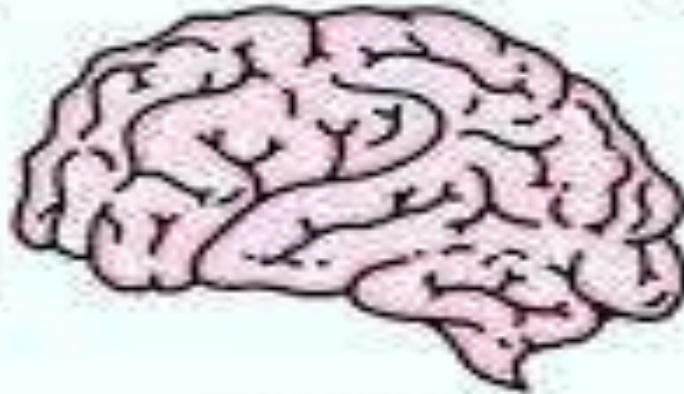
Ways to reduce stigma attached to mental health

@what.is.mental.illness

Show compassion & love for those with mental illness

Encourage equality between physical & mental illness

Educate yourself & others about mental health



Talk openly about mental health

Do not label or stereotype people with mental illness

Be a positive mental health role model

Don't use disrespectful terms when you talk about people or mental health

Choose empowerment over shame

Types of self Care



Physical



Emotional



Social



Spiritual



Intellectual



Mental



Financial



Environment

TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



Talk with your children about their mental health. Make topics around mental health, stress, anxiety, fear and feelings common in your home and in your child's life.

#weALLhavementalhealth

Trust your gut; you know your child best! If you believe your child is struggling or needs help, trust that feeling.

#NoHealthWithoutMentalHealth

Show your children it is ok to talk about and care for their mental health by taking care of yourself.

#ChildrensMentalHealthMatters

MENTAL HEALTH FOR CHILDREN

What Parents Can Do

NATIONAL FEDERATION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH, FFCMH.ORG • THE YOUTH MENTAL HEALTH PROJECT, YMHPROJECT.ORG



ASK FOR HELP



CONNECT



TEAM UP

Questions I wish my parents had asked me

YOUNGMINDS

**#Take
20**

Who are the people you feel safe with?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

If you could change anything in your life what would it be?

What difficulties are you facing now?

What can I do to help?

I can tell that you really like "insert video game/ app/tv show/fossil collection", what about it do you love so much?

Where is a place you feel safe?

Do you have any worries about starting a new school?

What are you most looking forward to this week?

It's okay to keep stuff private, but did you want to tell me more about "insert subject"?

How are you coping since your dad died?

What are you worried about when you lie in bed and can't sleep?

What are you most dreading this week?

How do you feel about things changing?

Is there a lot of picking on people at your school?

Is there anyone who is upsetting you?

How do you feel about growing up? What's exciting, what's scary?



Resources

- [ParentGuidance.org](https://www.parentguidance.org)
- Library of various Mental Health resources coming to the Salem City Schools Website
- Continuing Community Workshops
 - Next up: Social Media & Teens
Dec. 5th, 2023



MY CHALLENGE TO YOU