**Interventions to improve mental health literacy: whole-of-community campaigns, interventions in educational settings, Mental Health First Aid training, and information websites**

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| **Elementary School Aged Youth**  Free: The Feeling Friends  - early elementary  -puppets, books, and music for educators to integrate into classroom to teach emotional vocabulary  -evidence-based SEL program  -must purchase materials to use  Free: [AFSP – Currently piloting third-party program Gizmo’s Guide to Mental Health](https://www.gizmo4mentalhealth.org/)   * Ages 10+, read-along in the presence of a trusted adult * \*\*Available in Spanish\*\* (Train the trainer in schools)   Every child with a trusted adult  Check if free: <https://childmind.org/healthyminds/>  NAMI National – Coloring book for kids – <https://nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Kids/How-to-Talk-to-Your-Child-About-Their-Mental-Health>  <https://iamnotalone.mhanational.org/>  <https://www.fairfaxcounty.gov/healthymindsfairfax/>  [https://screening.mhanational.org/screening-tools/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscreening.mhanational.org%2Fscreening-tools%2F&data=05%7C01%7Cnoraine.buttar%40alexandriava.gov%7C97f4392a66d147f7675e08dad1545b04%7Cfeaa9b3143754aeeadccc76ad32a890b%7C0%7C0%7C638052457488646664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aUHio3TfLNtAWDMQtlJ7ov13o0AbR7FLo5k227l7Apw%3D&reserved=0) | **Middle and High School Aged youth**  Free: NAMI Ending the Silence  -50 minutes  -Powerpoint with warning signs of mental health conditions, resources, and how to reach out for help  -young adult personal story  -presenters with lived experience  -research has shown program improves attitudes towards mental health and increases help-seeking behavior (evidence-based)  Free: [AFSP – More Than Sad](https://afsp.org/more-than-sad)   * Ages 15+, 1 hour, scripted video + facilitated discussion, free (target parents and educators)   Free: [AFSP – It’s Real](https://afsp.org/itsreal)   * Ages 14+, 1 hour, unscripted video + facilitated discussion, a teens version and a college student version (the latter is beneficial for later HS aged students), (newer more updated model recommended for youth end of high school and college)   [The Trevor Project](https://www.thetrevorproject.org/) – Under Resources Section  Cost: for schools [Signs of Suicide](https://www.mindwise.org/suicide-prevention/)  <https://childmind.org/healthyminds/>.  \*\*\*Need to develop a brochure for the providers. Offer up for programming to focus on youth mental health\*\*\*  [https://screening.mhanational.org/screening-tools/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscreening.mhanational.org%2Fscreening-tools%2F&data=05%7C01%7Cnoraine.buttar%40alexandriava.gov%7C97f4392a66d147f7675e08dad1545b04%7Cfeaa9b3143754aeeadccc76ad32a890b%7C0%7C0%7C638052457488646664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aUHio3TfLNtAWDMQtlJ7ov13o0AbR7FLo5k227l7Apw%3D&reserved=0) | **Parents and School Staff**  Free: NAMI Ending the Silence for School Staff  -1-1.5 hours  -Powerpoint with warning signs of mental health conditions, how to talk to a child, how to work with parents and healthcare professionals to support a child  -young adult personal story  -presenters with lived experience  -based on a program that was researched - presentation request form  Free: NAMI Ending the Silence for Families  -1-1.5 hours  -Powerpoint with warning signs of mental health conditions, how to talk to your child, how to work with school staff and healthcare professionals to support a child  -young adult personal story  -presenters with lived experience  -based on a program that was researched  Free: [AFSP – Talk Saves Lives](https://afsp.org/talk-saves-lives)   * General introduction to suicide prevention for ages 18+, all modules 45-60min, free * \*\*Original and Senior modules available in Spanish\*\* * *There is also a Firearms module available for communities with increased firearm exposure (military, firearms owners, etc.)* * *There is a Corrections module available for staff working in corrections facilities* * *There is a Workplace module available for businesses/places of work* * Put staff person for requests   Free: [AFSP – Talk Saves Lives: LGBTQ+](https://afsp.org/talk-saves-lives#talk-saves-lives---lgbtq)   * General introduction to suicide prevention for ages 18+, addresses specific risk among LGBTQ+ individuals, 45-60min, free   [AFSP – More Than Sad](https://afsp.org/more-than-sad)   * Parents & Teachers Module, 1 hour, free   [AFSP – It’s Real](https://afsp.org/itsreal)   * Parents & Teachers Module, 1 hour, free   [AFSP – Signs Matter: Early Detection](https://afsp.org/signs-matter-early-detection)   * K-12 Educators, online education, 2 hours, license fee (discounts in bulk purchases – could explore potential for cost assistance from the local chapter)   [Youth Mental Health First Aid](https://www.mentalhealthfirstaid.org/population-focused-modules/youth/) – registration form  [Lock and Talk Virginia](https://lockandtalk.org/) – Resource and link to local page  <https://childmind.org/healthyminds/>  NAMi – classes  [https://screening.mhanational.org/screening-tools/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscreening.mhanational.org%2Fscreening-tools%2F&data=05%7C01%7Cnoraine.buttar%40alexandriava.gov%7C97f4392a66d147f7675e08dad1545b04%7Cfeaa9b3143754aeeadccc76ad32a890b%7C0%7C0%7C638052457488646664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aUHio3TfLNtAWDMQtlJ7ov13o0AbR7FLo5k227l7Apw%3D&reserved=0)  <https://www.onoursleeves.org/>  <https://www.samhsa.gov/mental-health> | **Aging Population**  [AFSP – Talk Saves Lives: Seniors](https://afsp.org/talk-saves-lives#talk-saves-lives---seniors)   * General introduction to suicide prevention for ages 18+, addresses specific risk among older people, 45-60min, free * \*\*Available in Spanish\*\*   [https://screening.mhanational.org/screening-tools/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscreening.mhanational.org%2Fscreening-tools%2F&data=05%7C01%7Cnoraine.buttar%40alexandriava.gov%7C97f4392a66d147f7675e08dad1545b04%7Cfeaa9b3143754aeeadccc76ad32a890b%7C0%7C0%7C638052457488646664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aUHio3TfLNtAWDMQtlJ7ov13o0AbR7FLo5k227l7Apw%3D&reserved=0)  <https://www.samhsa.gov/mental-health> | **Caregivers/Family& Friends**  NAMI Family and Friends  -4 hour or 90 minute presentation  -learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources  -two presenters with lived experience as family members  -new program, no research yet  Adult Mental Health First Aid  [AFSP – Introduction to Supporting Those at Risk](https://afsp.org/lived-experience-programs#introduction-to-supporting-those-at-risk)   * Overview of constructive ways to support someone struggling for ages 18+, 1 hour, free   [AFSP – Finding Hope: Supporting Those at Risk](https://afsp.org/lived-experience-programs#finding-hope--guidance-for-supporting-those-at-risk)   * A more in-depth presentation on supporting those with lived experience, 90 minutes, delivered in-person only with a mental health professional present, ages 18+, free * <https://screening.mhanational.org/screening-tools/>   <https://www.samhsa.gov/mental-health> | **Individuals with Mental Health Conditions**  NAMI In Our Own Voice  -45, 60, or 90 minute versions  -two live presenters sharing personal story of what happened, what helps, and what’s next  -video recordings of other people with lived experience sharing their stories for each section  -some research showing effectiveness at improving attitudes towards and knowledge of mental health (evidence-based)  [https://screening.mhanational.org/screening-tools/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscreening.mhanational.org%2Fscreening-tools%2F&data=05%7C01%7Cnoraine.buttar%40alexandriava.gov%7C97f4392a66d147f7675e08dad1545b04%7Cfeaa9b3143754aeeadccc76ad32a890b%7C0%7C0%7C638052457488646664%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=aUHio3TfLNtAWDMQtlJ7ov13o0AbR7FLo5k227l7Apw%3D&reserved=0) |