## Resource Availability

Lack of mental health resources No comprehensive guide for schools.

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Limited awareness Teachers and students may not know how to address mental health issues.

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Inconsistent support Mental health services differ across schools.

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Lack of physical materials There are no posters, handouts, or printed guides on mental health.

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Outdated or scattered materials Information is not current or organized in one place.

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## Training & Education

Lack of teacher training
Teachers aren't trained to recognize or address mental health issues.

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No mandatory student awareness programs Mental health education isn't part of the curriculum.

Inaccessible training materials Mental health training programs are hard to access or too expensive.

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Limited continuing education for staff Teachers don't receive ongoing mental health training.

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No peer-mentoring or leadership programs Students aren't involved in mental health awareness training.

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## Stigma and Awareness

Mental health stigma among students
Students feel ashamed or scared to talk about mental health.

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Lack of mental health discussions
Schools don't foster open discussions on mental health.

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Fear of being judged Students and staff fear stigma for seeking help.

No parental involvement Parents are not included in school mental health discussions or plans.

Support

**Systems** 

Limited number of

school counselors

There aren't enough

counselors to meet

student needs.

No peer support

led programs to

discuss mental

Students lack peer-

Inconsistent mental health policies

Schools don't have

clear mental health

policies for students

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groups

health.

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and staff.

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No partnerships with external mental health services Schools don't collaborate with community mental health organizations.

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## Funding and Resources

Insufficient funding for mental health programs Schools don't allocate enough budget for mental health initiatives.

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Lack of grants or external funding Schools don't apply for or receive grants for mental health resources.

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No school-wide mental health campaigns Schools don't run campaigns or events to raise awareness.

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Inadequate
representation of mental
health in school activities
Mental health isn't
included in school
assemblies or projects.

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No collaboration with local health professionals Schools don't partner with community mental health experts.

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Inadequate technology resources No apps, digital platforms, or online tools available for mental health support.

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No funds for professional development in mental health Schools don't invest in mental health training for teachers or staff.

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