



Course Overview

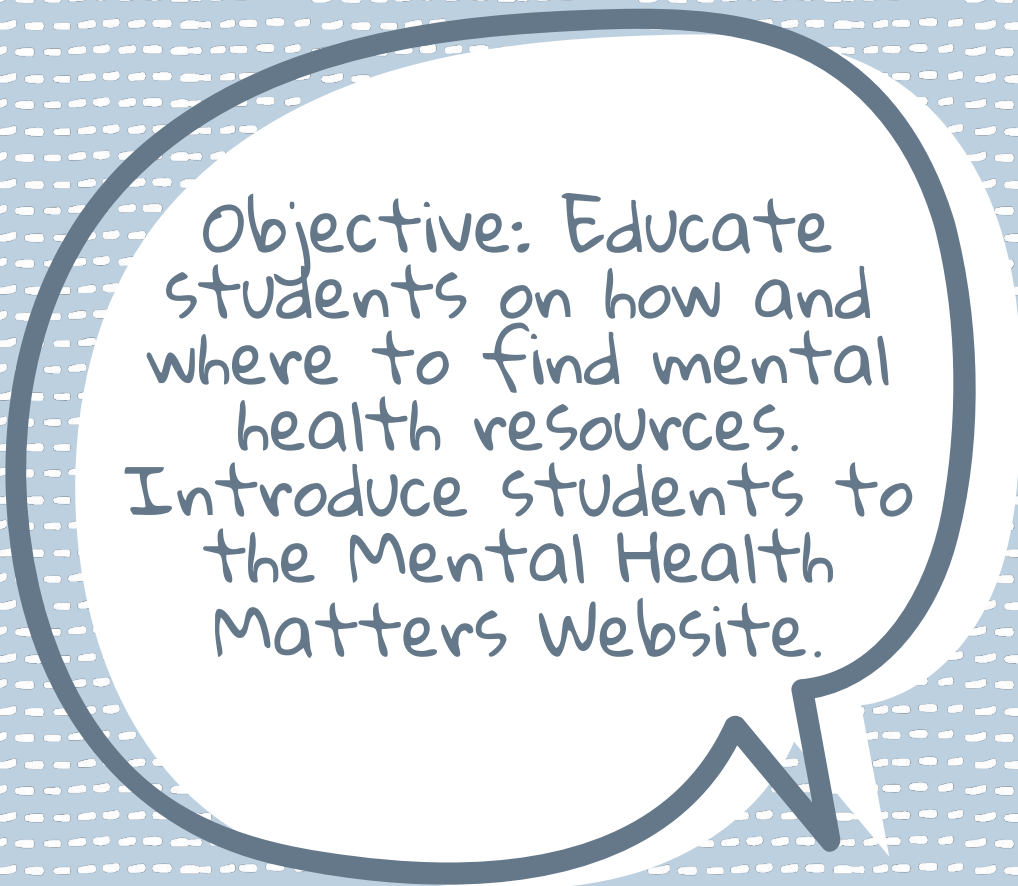
Mental Health Matters

Before we start...



1. Do you know where to look to find mental health resources?

2. Do you feel like you have someone trusted to talk to if you are in need?



Objective: Educate
students on how and
where to find mental
health resources.
Introduce students to
the Mental Health
Matters Website.

What resources are there for mental health?

There are many different resources available for mental health. Some of the most common include:

- Providers such as therapists or psychiatrists who can provide medicine.
- Counselors who cannot provide medicine.
- Hotlines that provide mental health support 24/7.
- Mobile apps to help people cope.
- Peer support groups.
- Hospitalization or inpatient care.

How and where can you find mental health resources?



You can access mental health resources/help:

- Through 911 in an emergency
- Online (hotlines, support groups, apps)
- In-person (providers, counselors)

Who is someone you can talk to?

Trusted Adults: Someone you have a good relationship with and has your best interests in mind that you feel comfortable expressing feelings or concerns with.

Some examples include:

- Parents/guardians
- School guidance counselors
- Psychologists
- Law enforcement
- Teachers/mentors



DISCUSSION:
What do you think makes
a trusted adult?



Activity

1. Explore bpgold.github.io
 - a. Check out all of the resources and trusted adults tabs.
2. Coloring!
 - a. Use coloring utensils to draw whatever you want or take a coloring page that has been provided!

To close...

1. Do you feel that you now know where to find mental health resources?

2. Would you use a resource if needed?

3. Can you identify a trusted adult you can talk to?

