



**2021-22**

# **Mental Health Toolkit**



**SDA MENTAL  
HEALTH  
INITIATIVE**

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# Introduction

As we all know, mental health is a matter of vital importance, and it's something virtually everyone struggles with. Especially in a school environment, stress has become all but natural. Through the proactive mindset of student leaders on campus, we decided to act in the interest of all students, teachers, and faculty to stand for community well-being. Each and every person has a role to play, which is why we have this toolkit to guide our site through how to destigmatize mental health challenges. This process starts with everyone and if we want to see change then we need to exemplify that change as a start.

This toolkit serves to be a single place where staff can find all the resources they need to lead a classroom that recognizes the stress of students **and** actively works towards improvement.

Within the toolkit, you will be able to find information on recognizing student feelings through body language and differences in behavior, and learn what to do if you recognize these changes in a student.

Although there may be students who are hesitant talking to teachers about mental health, many of our students on campus find comfort confiding in teachers that they see every day and as such, we feel as though all teachers should know how to respond in these situations.

If you have any questions about any of the resources in the toolkit, feel free to reach out to admin, counseling, PALs, ASB, or NAMI, as we have all worked together to put together this resource.