MAY: MENTAL HEALTH AWARENESS
– What Teachers Need to Know –

The Basics

Mental Health Awareness Month was started in 1949 with the goal to raise awareness on the impact that mental health disorders can have on the well-being of individuals, children, families, and communities. Click [here](#) to learn more!

What can Teachers do to Raise Awareness about Mental Health?

- Understand the basis of mental health: Our mental health is determined by our biology, life experiences (i.e., trauma), and family history. And it is a key factor in the way we think, feel, and act. Some warning signs that our mental health is suffering can be:
  - Change in sleep habits, sleeping too much or not enough, feeling like nothing matters, experiencing severe mood swings, and Inability to complete daily/routine tasks. Learn more [here](#)
- Click on the links here to learn about some common mental health disorders: [Depression](#), [Anxiety](#), [ADHD](#), and [PTSD (Post Traumatic Stress Disorder)](#)
- Normalize mental health for your students!
  - Do mindful breaks, model wellness, have a Zen corner, allow fidgets
- Watch out for concerning signs such as:
  - Changes is social interactions/friends, rapid drop in grades, severe changes in mood, and lack of school/class attendance
  - If you notice changes, consider referring the student to the wellness team

Classroom Tips:

```
<table>
<thead>
<tr>
<th>Build Strong Relationships</th>
<th>Strategies to Prioritize Student Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Emotions Check-in</td>
<td>Conference Individually</td>
</tr>
<tr>
<td></td>
<td>Practice Coping Skills</td>
</tr>
<tr>
<td>Give Brain Breaks</td>
<td>Daily Morning Meeting Time</td>
</tr>
<tr>
<td></td>
<td>Teach Positive Self-Talk</td>
</tr>
</tbody>
</table>
```

Additional Resources

- [Make it Count – A guide for Teachers](#)
- [How Schools can Support Teen Mental Health](#)
- [Teaches can Support Students with their Mental Health](#)
- [Mental Health Resources for Teachers](#)