

# 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 in 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:

Build Strong Relationships 	<b>Strategies to Prioritize Student Mental Health</b> <small>www.thepathway2success.com</small>	
Daily Emotions Check-in 	Conference Individually 	Practice Coping Skills 
Give Brain Breaks 	Daily Morning Meeting Time 	Teach Positive Self-Talk 

### Additional Resources

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