



# MENTAL HEALTH AWARENESS MONTH

Promoting mental health awareness on your campus is a proactive and positive way to start a conversation and show support for students and their families. This handout includes strategies to create a positive mental wellness culture at your school and at home as well as resources to support mental health and wellness.

## Enhancing Mental Health & Wellness at Home

- **Identify ways to relax with your child** - a movie, walk, reading together
- **Engage in family fun activities together**
- **Emphasize their strengths through positive reinforcement**
- **Make goals with your child** - practice goal-setting with smaller or easier goals to achieve
- **Assist your child in maintaining routines at home**
- **Model behavior** - demonstrate your own personal focus on mental health by talking about mental health and doing things for yourself (e.g., yoga, walking)

## Taking Care of your own Mental Health

In order to be in the best position to support others, it is crucial to ensure that you are practicing healthy behaviors as well. Here are some ideas of how to focus on improving mental health as part of your daily routine:

- Do something to unwind every day (this may be done alone)
- Dedicate time during the day for reflection and meditation in a quiet space
- Exercise with friends, family, or pets (e.g., yoga, hiking)
- Eat nutrient-rich foods and drink plenty of water
- Consistently get an adequate amount of sleep

## Family Mindfulness Schedule

<b>Monday</b>	<b>Family Homework Night</b> <i>Everyone complete homework together! (Parents, if you need something to do, how about reading a few pages out of a book?)</i>
<b>Tuesday</b>	<b>Family Breakfast</b> <i>Everyone set your alarms 15 minutes early so you can eat breakfast together.</i>
<b>Wednesday</b>	<b>Family Cleanup Night</b> <i>Everyone pitch in to clean up the kitchen after dinner.</i>
<b>Thursday</b>	<b>Family Leftover Night</b> <i>Time to clean out the fridge! Pull out all of the leftovers and enjoy a fun family dinner together.</i>
<b>Friday</b>	<b>Family Game Night</b> <i>Join together for a family game night! Try a different game every week.</i>
<b>Saturday</b>	<b>Family Outing</b> <i>Pick a fun family activity to try out with the family.</i>
<b>Sunday</b>	<b>Family Dinner</b> <i>To wind down from the weekend and rest up for the week ahead, sit down for a nice quiet dinner together.</i>



# IS YOUR SCHOOL PREPARED TO SUPPORT A STUDENT IN NEED OF MENTAL HEALTH SUPPORT?

HERE ARE FIVE TIPS TO CONSIDER...



## 1. Have an Open-Door Policy

Students need to know where and who they can talk to about issues, concerns, or needs. Appoint a staff member(s) with training in mental health and awareness of various resources to address students' needs. In need of training? For a menu of training, visit Tulare County Office of Education, [tcoe.org](http://tcoe.org). To request a training, contact our grant coordinator Anna Isais at [anna.isais@tcoe.org](mailto:anna.isais@tcoe.org) or complete the following request form:



TCOE / BHS / MWS



Training Request Form



## 2. Utilize a Screening Tool

Here are some helpful resources to consider to help screen for mental health concerns and identify students' needs:



Youth Mental Health  
Test - MHA Screening  
([mhanational.org](http://mhanational.org))



Toolbox | Measurement:  
Well-Being Index -  
Turnaround for Children  
([turnaroundusa.org](http://turnaroundusa.org))



## 3. When in Doubt, Refer Out!

Get to know the resources around your community and create a binder/google folder for your school team to reference. Whatever the need, there is likely a team of caring individuals ready to serve. A great online resource to help you get started is:

**California 2-1-1 Get Connected. Get Answers. (211ca.org)**



## 4. Increase Awareness, Decrease Stigma

Each Mind Matters is a great resource that offers strategies, handouts, and ideas to support students' mental wellness. **Each Mind Matters Resource Center ([emmresourcecenter.org](http://emmresourcecenter.org))**



## 5. Display Crisis Hotlines



988 Suicide  
& Crisis Lifeline



Society for the  
Prevention of  
Teen Suicide



Find Your Anchor



National Council  
for Mental Wellbeing



The Trevor Project