MENTAL HEALTH AWARENESS MONTH

WEEKLY TIP

SUPPORTING OTHERS WHO ARE EXPERIENCING MENTAL HEALTH STRUGGLES: HOW TO START THE CONVERSATION

- "I HAVE BEEN WORRIED ABOUT YOU. HOW ARE YOU? REALLY?"
- "I HAVE NOTICED SOME CHANGES IN YOU LATELY AND I WANTED TO CHECK IN WITH YOU."
- "IT SOUNDS LIKE YOU ARE HAVING A TOUGH TIME. IT MUST BE REALLY HARD TO TRY TO HOLD EVERYTHING TOGETHER WHEN YOU ARE FEELING THIS BAD."
- "WHEN DID YOU START FEELING LIKE THIS? DID SOMETHING HAPPEN THAT STARTED IT?"
- "I UNDERSTAND. HOW CAN I HELP YOU TO FIND HELP?"
- "SAY FEELING DEPRESSED ISN'T A SIGN OF WEAKNESS. IT TAKES COURAGE TO SPEAK UP."

- "IT'S ALL IN YOUR HEAD."
- "YOU'RE JUST HAVING A BAD DAY."
- "I'M SURE IT'S NOTHING TO WORRY ABOUT."
- "MAN UP. YOU CAN DEAL WITH THIS ON YOUR OWN."
- "WHY ARE YOU TALKING ABOUT THIS STUFF?"
- "YOU DON'T WANT PEOPLE TO THINK YOU ARE CRAZY."
- "COUNSELING IS FOR WEAK PEOPLE."
- "WHAT WILL YOUR FAMILY SAY?"

HELPFUL TOOLS

CLICK THE ICON FOR TIPS FOR SUPPORTING CHILDREN'S MENTAL HEALTH

CLICK THE ICON TO WATCH ""5 TIPS FOR SUPPORTING A LOVED ONE" PRESENTED BY PSYCH HUB

APP OF THE WEEK: HEADSPACE

headspace

CLICK HERE TO GET STARTED FOR FREE WITH HEADSPACE FOR EDUCATORS!

"YOU'RE HERE FOR THEM, WE'RE HERE FOR YOU. HEADSPACE OFFERS FREE ACCESS TO ALL K-12 TEACHERS, SCHOOL ADMINISTRATORS, AND SUPPORTING STAFF IN THE US.

HELPING YOU BE KIND TO YOURSELF AND YOUR HEALTH, AND GUIDE YOUR STUDENTS AND THEIR PARENTS THROUGH THIS DIFFICULT TIME."

Social Emotional Learning and Culture