

# Wellness Wednesdays



## What?



of Mental Health Instruction on the last instructional Wednesday of the month throughout the school year.

## Why?

In response to state legislation, the goal of the Mental Health Education Initiative is to teach students to identify signs and symptoms of mental health challenges, and how to access help for themselves and their peers.

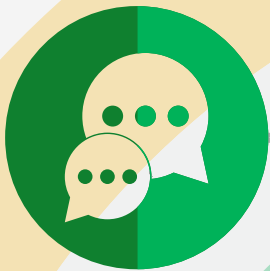
## Topics Include:



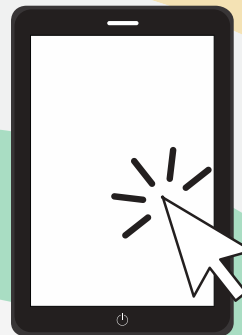
**Awareness of Signs and Symptoms**



**Process of Getting and Seeking Help for Themselves and Others**



**What to do or say to Peers Struggling with Mental Health Disorders**



**Awareness of Resources**

For more information visit:  
**[Duvalschools.org/sbh](http://Duvalschools.org/sbh)**



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# 5 STEPS FOR TALKING ABOUT MENTAL HEALTH WITH YOUR CHILD

## 1. Say what you've noticed - lasting over a 2 week period

Ex. "I've noticed you seem more sad than usual"

## 2. Accept their feelings

Ex. "It's okay to feel sad"

## 3. Use Empathy

Ex. "It makes sense you feel this way because..."

## 4. Offer Help - you can make a difference

Ex. "What can I do to help?"

## 5. Be Patient

Ex. "I'm here with you for as long as it takes"



# TAKE 5

## MENTAL HEALTH MATTERS

### REMEMBER!

Practice self-care

Focus on your child's strengths—they are resilient!

Don't be afraid of the s-word, Suicide.

Talking about it can reduce the risk.

[www.duvalschools.org/take5](http://www.duvalschools.org/take5)



Florida **AWARE**  
*Advancing Wellness and Resiliency in Education*