Duval County Public Schools Announces

**Wellness Wednesdays**

**What?**
30 min 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

Katrina Taylor
Director, School Behavioral Health
eunicek@duvalschools.org
904-390-2926
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