

Wellness Wednesdays



What?



of Mental Health Instruction during Early Release Wednesdays throughout the 2019-20 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.

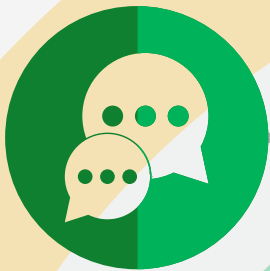
Topics Include:



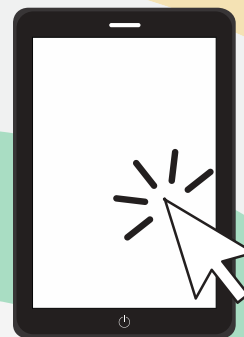
Awareness of Signs and Symptoms



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



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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



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