



Creating Mental Health Bulletin Boards

The simplest way to address mental health stigma in the classroom is to start talking about mental health openly. Use what you've learned to have smart, well-informed, and developmentally appropriate conversations with your students. These open discussions will be a first sign to students that your classroom is a safe space to discuss any mental health challenges they may be encountering, but you can make sure it is clear by telling them directly. You can also show students that you believe in the importance of mental health by dedicating a classroom bulletin board to mental health and wellness.

DEFINITION AND DANGERS OF STIGMA

Stigma is damaging and can make people feel excluded, which can be a major barrier to treatment and recovery. A bulletin board highlighting myths and facts about mental illness or the dangers of mental health stigma can provide students with mental health literacy and help make them feel safe and supported.



WELLNESS STRATEGIES

Bringing wellness strategies directly into instruction is fantastic, it's also important to regularly remind students that they can practice those strategies on their own. A wellness bulletin board, with strategies for breathing or mindfulness, can help students learn to self-regulate.

COMMUNITY SUPPORTS

For students who may need additional support, a bulletin board listing community resources or mental health campaigns can be a great addition to your classroom.

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