



Take Action: Promote the Mental Health and Well-Being of Students

This course has provided you with a lot of information and concrete strategies for how to effectively promote the mental health and well-being of students. Your next step is to take action to use these strategies in the classroom. Think back over the course – what are three actions you can take to start using the material in your classroom and with students?

Complete the table below to plan how you will take action. What do you need to do to implement each action step? Include who you need to partner with and a target date for when you will complete the action items.

Action Items	What are your next steps to complete this action item?	Who do you need to partner with?	Target date for completion

Adapted from work by the New England PTTC.

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