

Mental Health Week: “Be Kind to Your Mind”

This event could occur in a teacher’s classroom, or it can be elevated to be a school-wide event to communicate its importance to the student body. This event could occur simultaneously with the start of Mental Health Awareness month in May or whenever the teacher sees the need in their students and the school community. There are free resources to support and teach about mental health and promote mental health awareness available at [SAMHSA.gov](https://www.samhsa.gov)

[TeenMentalHealth.org](https://www.samhsa.gov/teen-mental-health) or
[MentalHealthFirstAid.org](https://www.samhsa.gov/mental-health-first-aid)

Additionally, you may use the poster included on the second page in your classroom.

Raise Awareness



SAMHSA's National Children's Mental Health Awareness Day (held each year in May). Visit their website to learn more, <https://www.samhsa.gov/childrens-awareness-day>

Potential Activities Associated With the Event

- Teacher- and/or student-created posters bringing awareness to mental health
- Student presentations on the importance of mental health or mental health coping strategies
- Identification of local mental health resources
- Identification of free mental health resources
- Create a mental health bulletin board with some of the resources you've identified
- Teacher-led lecture about mental health and mental health stigma
- Use and teach students mindfulness techniques in the classroom
- Class discussions about the stigma associated with mental illness and the importance of mental health



MAY MENTAL HEALTH AWARENESS MONTH



Be Kind to Your Mind

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MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

