

# HOW CAN YOU SUPPORT STUDENT MENTAL HEALTH?

The **Allies for Student Mental Health** professional development program provides teachers, leaders, and school staff with the information and resources they need to support the mental health needs of their students. Participants will learn how to work as allies to identify and understand the effects of mental health conditions and trauma, which can have a significant impact on students' academic success and overall well-being.

This two-hour training was designed by NAMI Massachusetts and is available for any PreK-12 school in the state.

**“THIS PROGRAM BRINGS POWERFUL PERSONAL STORIES THAT IMPACT THE WAY WE THINK ABOUT OUR STUDENTS WHO ARE STRUGGLING WITH MENTAL HEALTH ISSUES. ONCE EDUCATORS HAVE THE RESOURCES AND KNOWLEDGE, WE ARE BETTER ABLE TO CREATE A SAFE SPACE FOR ALL STUDENTS.”**

*- Assistant Superintendent*

## NAMI MASSACHUSETTS

NAMI Massachusetts is a state organization of the National Alliance on Mental Illness (NAMI), a nonprofit grassroots organization dedicated to improving the lives of persons living with mental health conditions and their families.

NAMI Massachusetts works to raise awareness and provide essential education, advocacy, and support for people in our community who are impacted by mental health and substance use conditions.

**“THESE STRATEGIES  
WORK FOR ALL STUDENTS.  
I FEEL LIKE I HAVE A BETTER  
UNDERSTANDING OF THE IMPACT  
OF MENTAL ILLNESS ON THE  
LEARNING PROCESS.”**

*- Classroom Teacher*



Visit our website at: **NAMIMass.org**



To schedule a presentation or request more information, contact:

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# ALLIES FOR STUDENT MENTAL HEALTH

# WHAT DOES THE PROGRAM INCLUDE?

## ADDRESSES MENTAL HEALTH TOPICS:

- Anxiety
- Depression
- Suicide
- Eating Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder (CD)
- Adverse Childhood Experiences (ACES)
- Trauma
- Teacher Mental Health

## PROVIDES PRACTICAL INFORMATION:

- Information about mental health and trauma
- Common signs and symptoms
- Classroom accommodations
- School-wide systems and supports
- Tips for partnering with families
- Resources and tools

## PARTICIPANTS WILL LEAVE WITH:

- Improved ability to recognize the signs of mental health conditions in students
- Enhanced knowledge about how to support students with mental health conditions or trauma histories
- Awareness of resources, tools, and strategies for educators, parents, and students



**“ALL THE PRESENTERS WERE SO KNOWLEDGEABLE. IT WAS TRULY BENEFICIAL FOR US AS EDUCATORS TO LEARN MORE ABOUT MENTAL HEALTH ISSUES.”**

*- Classroom Teacher*

# PRESENTED BY AN ENGAGING PANEL OF SPEAKERS

The program is presented by four speakers with unique perspectives and expertise.

## 1. Individual Perspective

A young adult living with a mental health condition will speak about his/her lived experience, with an emphasis on his/her experiences in K-12 school.

## 2. Clinical Perspective

A clinician, school nurse, or other medical professional will provide information about the prevalence of common mental health conditions facing children and adolescents. The speaker will then describe the signs educators should be on the lookout for. Additionally, information will be provided about trauma and the impact on students.

## 3. Educator Perspective

A teacher will offer ways to support student mental health within the classroom and school. The speaker will provide strategies, accommodations, and supports that teachers can use right away.

## 4. Family Perspective

A parent will share the struggles and successes that his/her child experienced in schools and will provide tips for communicating with families.