

# Mental Health Literacy Education for Staff & Students

## A 2-Day Virtual Training



Mental Health Collaborative is a 501(c)3 nonprofit dedicated to building resilient communities through mental health education & awareness. Our **evidence-based** programs are proven to decrease stigma, increase mental health knowledge, lead to earlier identification & referral, and improve school culture.

### Mental Health Essentials for Educators

#### Day 1

A training for educators & school personnel that teaches:

- **how to identify** when students need referrals for mental health
- **who to refer to** within the school
- **how to manage** mental health in the classroom
- **how to talk** about mental health
- **how to take care of your** own mental health



### Mental Health Essentials Student Curriculum

#### Day 2

- 4-hour training provided to teachers who will implement the evidence-based mental health literacy curriculum in their classrooms\*
- Train-the-trainer model: MHC Educators train teachers and provide all materials needed to deliver the curriculum in perpetuity.
- Best suited to a single grade, ranging from grades 7-10
- Designed to be taught sequentially in 6-12 hours of class time
- Curriculum aligns with National Health Education Standards and CASEL Competencies
- Includes 1 year of data collection and analysis
- Lifetime access to our curriculum materials as we make updates and our Community of Practice virtual meetings

