Identification of a Trusted Adult

1. Write the name of at least one trusted adult (such as a teacher, coach, counselor, parent, or other family member) you could contact if you needed support.

2. I know how to contact this person (check all that apply):

- Text
- Phone Call
- Email
- In-Person

Other resources: You should write these down in your planner, add them to your phone contacts, or put them in your locker, in case you need them!

a. Crisis Text Line: 741741
b. Crisis intervention via phone: Dial 211
c. National Suicide Prevention Hotline: 1-800-273-8255
e. https://getfortifyfl.com/
f. Your school counselor
Student Take-Home Resources
Recognizing the Signs of Mental Illness & Reducing Mental Health Stigma

Key Takeaways:
1. We all experience negative feelings sometimes. When they last for weeks, when you have several symptoms of a mental illness, or when your feelings seem intense, it's time to talk to a trusted adult.
2. You can help friends and family members with a mental illness.
3. You can help to reduce the stigma of mental illness.

Vocabulary:
1. Mental health - Mental health is the term we use to describe how our emotions and thoughts affect the way we handle stress, relate to other people, and make the decisions we do.
2. Mental illness - People with a mental illness may have thoughts, feelings, and actions that are different than other people of the same age. When connected to a mental illness, feelings last much longer and are more intense than other people's typical feelings about stress.
3. Stigma - Stigmas are negative stereotypes. They are often communicated by how we treat or talk about people with a mental illness.

If you have a FRIEND who you think is showing symptoms of mental illness, it's time to HELP.

Help as soon as you can.
Empathize with others.
Listen without trying to fix it.
Plan your next steps.

If YOU are experiencing symptoms of mental illness for a long time and they're keeping you from being able to do what you need or want to do, it's time for you to ACT.

Apply coping strategies.
Consider your options for help.
Talk to a person you trust.

Resources:
- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat: https://suicidepreventionlifeline.org/chat/
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to www.crisistextline.org
- Hope for Healing: http://www.hopeforhealingfl.com/
Student Take-Home Resources
Prevention of Mental Health Disorders and
Mental Health Awareness/Assistance

Key Takeaways:
1. Everyone has mental health and taking care of your mental health is just as important as taking care of your physical health.
2. Mental health problems and mental illness are common in youth; about 1 in 5 students will experience a mental health issue.
3. There are many healthy coping strategies you can use to handle strong feelings.

Vocabulary:
1. Mental Health - is a state of emotional, behavioral, and social well-being, not just the absence of a mental disorder. It includes how we think, act, and feel.
2. Mental Illness - refers to a range of brain disorders that affect mood, behavior, and thought process and interfere with functioning at home and/or school. The terms mental illness and mental disorder are often used interchangeably.
3. Everyday feelings - Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.
4. Overwhelming feelings - Overwhelming feelings hang around for a long time, changing the way we feel, behave, and may even stop us from doing what we want in life. These overwhelming feelings can sometimes be a sign of something more serious that needs to be addressed.

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Student Take-Home Resources
Awareness of Local, School, and Community Resources &
the Process for Accessing Treatment

Key Takeaways:
1. Everyone has resources available to help with mental illnesses.
2. There is no shame in seeking help. It's the courageous thing to do.
3. Be open and honest about your thoughts, feelings, and actions.

Vocabulary:
1. Mental health emergency – occurs when someone has serious thoughts, ideas, or plans about hurting themselves or others
2. Mental health professional – an adult trained to work with people with mental illnesses including doctors, psychologists, psychiatrists, and counselors
3. Therapy – treatment for mental illnesses that may include talking with a mental health professional, medication, or both

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Student Take-Home Resources
Strategies to develop healthy coping techniques

Key Takeaways:
1. Strong emotions are expressed in many different ways. The best way is to be able to calmly verbalize how one is feeling instead of reacting physically.
2. Emotions are healthy and normal, but we must control how they are expressed.
3. Coping skills, such as practicing mindfulness to regulate strong emotions, can help you effectively deal with the negative stressors in life and respond in a healthy way.

Vocabulary:
1. Cognitive Distortion is a way of thinking in extremes, also known as ‘all or nothing’ thinking. For example: EVERYONE hates me! NOTHING ever goes right. I’m ALWAYS last. Reframing these statements can be helpful.
2. Grief is defined as “deep sorrow, especially that which is caused by a loved one’s death.”
3. Mindfulness is defined as “a mental state achieved by focusing one’s awareness of the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations.”
4. Self-image is the mental picture one has of oneself which can include physical attributes but also about internal factors like intelligence.
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Student Take-Home Resources
Strategies to Support a Peer, Friend, or Family Member with a Mental Health Disorder

Key Takeaways:
1. Many people struggle with mental health disorders
2. There are many different types of mental health disorders
3. You can make a difference to someone who has a mental health disorder

Vocabulary:
1. Depression- a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.
2. Anxiety- a feeling of worry, nervousness, or unease, typically about an event or something with an uncertain outcome.
3. Mental health disorders are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

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Student Take-Home Resources
Prevention of Suicide

Key Takeaways:
1. Suicide is preventable.
2. Everyone has a role in preventing suicide.

Vocabulary:
1. Suicide- the act of intentionally causing one’s own death
2. Attempted suicide- an action to take one’s life that does not end in death, but rather, self-injury
3. Bullycide- suicide as a result of incessant bullying

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Student Take-Home Resources
Alcohol and Substance Abuse Prevention

Key Takeaways:
1. Vaping may seem healthier than smoking cigarettes to youth but is actually harmful to one’s health as evidenced by links to recent deaths.
2. Drug use impacts the growth and development of the brain so it can be particularly impactful to youth as their brains are not yet fully developed until early adulthood.
3. The impact on one’s physical health and also emotional/behavioral response to substances varies widely depending upon the drug taken.

Vocabulary:
1. Vaping - inhaling and exhaling vapor from an e-cigarette or similar device.
2. Marijuana – drug that can be smoked or eaten, often in formats appealing to youth such as gummies and brownies.
3. Opioids – a very addictive drug with extreme physiological effects. Heroin is the most commonly known opioid.
4. Prescription drug misuse is when someone takes a medication inappropriately. This can be taking too much of a drug prescribed to them or taking a drug that was prescribed to someone else.
5. Drug addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain.

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Student Take-Home Resources
Child Trafficking Prevention

Key Takeaways:
1. Child trafficking is a real risk that you must protect yourself from. Knowing the risk factors and warning signs will help you keep yourself safe.
2. Be aware of your surroundings in person and online. Don’t share personal information, meet up with people you don’t know well, send pictures, or do something you don’t feel comfortable with. Say no and talk to a parent or friend.
3. Setting personal boundaries is important. Practice saying no and standing firm when you are being pressured to do something that isn’t good for you.
4. You should never drink alcohol, smoke, vape, or use other drugs. If someone offers you something that isn’t healthy for your body, you should say “no” or make an excuse and walk away.
5. Always tell a trusted adult if you feel unsafe or think that a friend is unsafe.

Vocabulary:
1. Boundary – a limit we set with other people to protect ourselves
2. Exploit – to make use or benefit from something
3. Predator – a person who tries to use or harm others for their own gain
4. Recruit – to get someone to join something or agree to an activity
5. Vape – to inhale and exhale the vapor produced by an electronic cigarette or other device

If you have a FRIEND who you think is showing warning signs of child trafficking or drug abuse, it’s time to HELP.

HELP as soon as you can.
Empathize with the person.
Listen without trying to fix it.
Plan your next steps with a trusted adult.

If YOU are feeling trapped in a dangerous situation or are abusing drugs, it’s time for you to ACT.

Apply coping strategies.
Consider your options for help.
Talk to a person you trust.

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