



TUSD #StoptheStigma

Mental Health Awareness Campaign

Toolkit May 2019



KEY MESSAGES

- ❖ Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- ❖ Mental health and substance use challenges can take many forms. Some of these challenges are more visible and you might recognize them immediately. Others can be harder to see when you're not looking for them. But, they are still there.
- ❖ Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during life.
- ❖ In the United States, almost half of adults (46.4 percent) will experience a mental illness during their lifetime. (mentalhealthfirstaid.org)
- ❖ Half of all mental disorders begin by age 14 and three-quarters by age 24. (mentalhealthfirstaid.org)
- ❖ In the United States, only 41 percent of the people who had a mental disorder in the past year received professional health care or other services. (mentalhealthfirstaid.org)
- ❖ A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions.
- ❖ Some common tools and strategies lead to improvements in both physical and mental health such as humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone.
- ❖ Finding a reason to laugh, going for a walk, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy.

IDEAS FOR THE MONTH

- ❖ Provide weekly, daily information on mental health/wellness in the daily bulletin, newsletters, school website, etc.
- ❖ Send emails to parents about Mental Health/Wellness with resources, etc.
- ❖ Have door decorating contests
- ❖ Give assignments on mental health/stigma (regular or extra credit)
- ❖ Host parent or student workshops on mental health
- ❖ Host Mental Health Wellness Resource Fair on campus
- ❖ Have students participate in the Poster/Video contest
- ❖ Display Mental Health information and facts to reduce the stigma of accessing services (flyers, stickers, posters, etc.)
- ❖ Participate online with the social media campaign

Campaign Links

<https://www.tusd.org/parent-community-engagement/tusd-stopthestigma-campaign>

Hashtags

#TUSDStoptheStigma
#yourenotalone
#1in5
#talkitout

Images (www.MENTALHEALTHAMERICA.NET/MAY)

SOCIAL CONNECTIONS & RECREATION

Finding other people to relate to and doing things that bring you enjoyment are great ways to improve your mood and overall mental health.

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Of households with pets:²

- 80% believe their pets bring them happiness and emotional support;
- 55% believe their pets reduce anxiety and depression; and
- 66% believe their pets relieve stress.



If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms.



Once you have your results, we'll give you information and help you find tools and resources to feel better.

Talking about
Mental Health
openly is a
good thing



#TUSDStoptheStigma

What if we are really not
alone and it is ok to ask
for help?

#TUSDStoptheStigma
#TalkitOut

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RESOURCES

❖ Torrance South Bay Families Connected southbayfamiliesconnected.org/tusd

Torrance Unified School District's youth wellness page, TUSD Families Connected. This resource was created for our community by South Bay Families Connected (SBFC). We hope the resources, videos, and educational material provided on this website page will support our parents, teachers, and staff as we work together in our shared vision of helping every student thrive and reach their full potential. The ultimate goal is for us to work together to improve the social-emotional wellness of our youth and set them on a path for success, both in school, and in later life. The website has easily accessible materials to promote youth wellness K-12 through topics in social emotional wellness, empathy & compassion, mindfulness, suicide prevention, substance use prevention, depression & mental health challenges, stress & anxiety, social media & technology, bullying, body image, relationships, grief, divorce, LGBTQ and traumatic events.

❖ Care Solace caresolace.com/torranceparents

A FREE simple, fast and safe online tool for drug and mental health services.

❖ NAMI, <https://www.nami.org/mentalhealthmonth> the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

❖ Mental Health America (MHA) www.mentalhealthamerica.net/may founded in 1909 – is the nation's leading community-based non-profit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans. Our work is driven by our commitment to promoting mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, integrated care, services, and supports for those who need it, with recovery as the goal. Much of our current work is guided by the Before Stage 4 (*B4Stage4*) philosophy – that mental health conditions should be treated long before they reach the most critical points in the disease process

❖ The National Council for Behavioral Health <https://www.thenationalcouncil.org/mental-health-month/> is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services. Together with our 3,000 member organizations serving over 10 million adults, children and families living with mental illnesses and addictions, the National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery. The National Council introduced Mental Health First Aid USA and more than 1.5 million Americans have been trained

❖ MentalHealth.gov <https://www.mentalhealth.gov/> provides one-stop access to U.S. government mental health and mental health problems information. MentalHealth.gov aims to educate and guide the general public on mental health and related health problems, resources, topics.

❖ Mental Health First Aid- <http://www.mentalhealthfirstaid.org> Organization that provides is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

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SAMPLE PLEDGE CARD

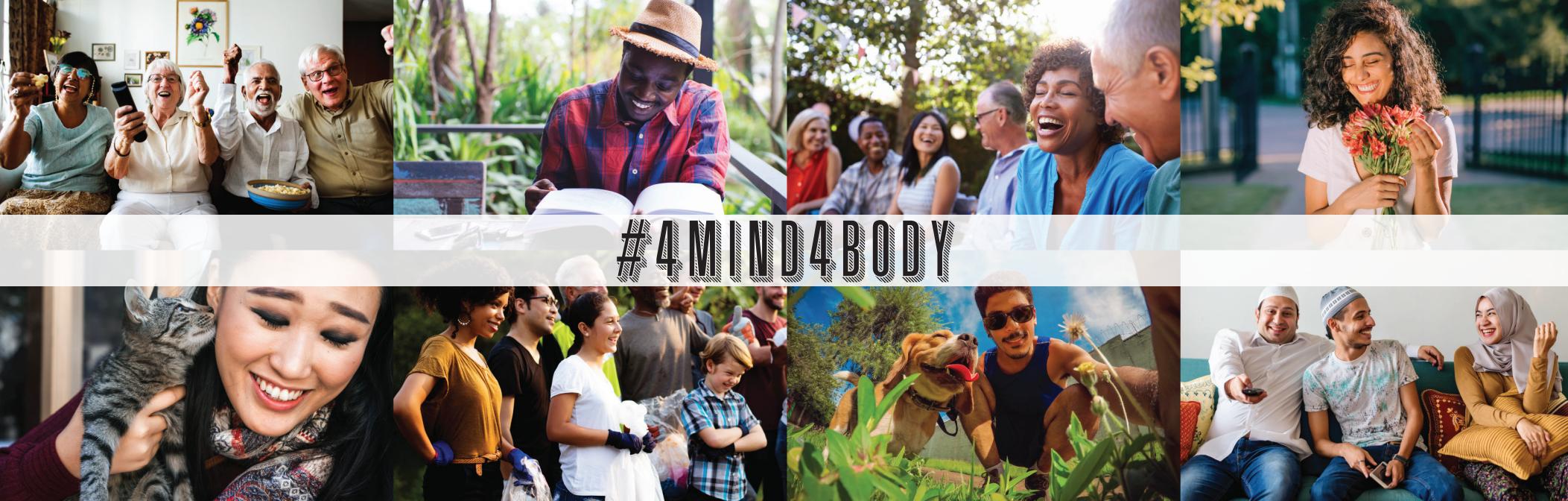
I pledge to #TUSDStoptheStigma

- ✓ I will provide a voice for those who can't speak for themselves.
- ✓ I will have the courage to speak up and challenge the stereotypes and attitudes regarding mental illness.
- ✓ I will serve as an example in changing the way mental illness is viewed.
- ✓ I will recognize my own prejudices about mental illness and work toward changing my own thinking and behavior that maintain those prejudices.
- ✓ I will choose my words carefully when referencing those with mental illness.

Organization _____

Name _____

Signature _____ Date _____



#4MIND4BODY

SUN	MON	TUE	WED	THU	FRI	SAT
 Mental Health America B4Stage4	f /mentalhealthamerica @mentalhealtham @mentalhealthamerica @mentalhealtham YoutTube /mentalhealthamerica www.mentalhealthamerica.net	1 <p>Switch up your exercise regimen. Try a dance class or a new sport. Exercising with other people can enhance its stress-reducing benefits.</p>	2 <p>Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creativity and overall well-being are linked. LoveKnitting.com is a good source of inspiration.</p>	3 <p>Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.</p>	4 <p>Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.</p>	
5 <p>Consider finding a place of worship. One study found that people who attended religious services monthly showed a 22% lower risk of depression.</p>	6 <p>Visit bit.ly/4mind4body to see what other people are doing to work wellness into their lifestyles.</p>	7 <p>Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Being in nature can increase energy levels, reduce depression, and boost well-being.</p>	8 <p>List three funny things that happened to you each day this week. Doing this regularly has been shown to enhance happiness and reduce depressive symptoms.</p>	9 <p>Set up a getaway. It could be a road trip with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!</p>	10 <p>Make a point to not answer work emails over the weekend. Setting boundaries is important for establishing work-life balance.</p>	11 <p>Get connected - share a meal with someone or pick up the phone. Studies show that good relationships make the difference between very happy and less happy people.</p>
12 <p>It's Mother's Day. Pick up some flowers for Mom. Studies show that being surrounded by nature is a mood booster and thanking her for her support can boost your mood and hers.</p>	13 <p>Plan out your week to make sure you're tending to both personal and professional obligations. People who feel they have good work-life balance experience fewer symptoms of depression and anxiety.</p>	14 <p>Feeling in a rut? Think back and laugh at something silly you've done. Remember, everyone deserves a break and we're often hardest on ourselves.</p>	15 <p>Get comfortable and read a good book. Reading can help relieve stress and tension.</p>	16 <p>Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.</p>	17 <p>Watch a comedy or visit a funny website. Laughter boosts the immune system and can reduce anxiety.</p>	18 <p>Try meditation. Spiritual practices like meditation are linked to increased levels of feel-good chemicals and decreased levels of chemicals associated with stress.</p>
19 <p>Aim to get 7 to 8 hours of sleep each night this week. People who get enough sleep are more likely to succeed at their daily tasks.</p>	20 <p>Do some coloring for about 20 minutes to help you clear your mind. No crayons? No problem! Download an app from our partners at www.colortherapy.app.</p>	21 <p>Add some green to your office or home (if you don't have much of a green thumb, try a succulent). Seeing plants can reduce stress and anxiety..</p>	22 <p>Incorporate something funny into your environment for a daily dose of humor. It could be a goofy picture of your friends, family or pets; a page-a-day calendar; or a mug with a witty saying or cartoon.</p>	23 <p>Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.</p>	24 <p>Don't wonder about your mental health! Take a screen at MHAScreening.org and get the tools you need.</p>	25 <p>This weekend try being a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.</p>
26 <p>Try prepping your meals or picking out your clothes for the work week. You'll save some time in the mornings, have a sense of control about the week ahead, and have more time in the evenings for yourself.</p>	27 <p>Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.</p>	28 <p>Work your strengths at work. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!</p>	29 <p>Time with animals lowers stress hormones and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.</p>	30 <p>Take a few minutes to breathe deeply - in through your nose and out through your mouth. Try this technique: Pretend you're taking a giant whiff of a bouquet of flowers, then pretend to blow out a candle.</p>	31 <p>Tell your goals to someone you trust and ask them to help you stick with a plan. Studies show that social support helps you achieve your goals.</p>	

SHARE WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well.

Show us how you're putting the tips from this calendar into practice by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at mentalhealthamerica.net/4mind4body. You can also post directly and anonymously to the site if you would like.

ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous.

Once you have your results, MHA will give you information and help you find tools and resources to feel better.