



Mental Health  
Collaborative

# Mental Health Essentials for Educators

(formerly Go-To Educator):\*  
knowledge & tools for the classroom



## About the Training



- **4-6 hour training** provided to all school personnel with whom students naturally engage
- Educators & school personnel will learn **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 their own mental health**, & much more
- A must for anyone working with students!
- Delivered by **experienced clinicians**, offered **virtually or in-person**
- **Evidence-based**
- See [our data report here](#)

\*This program is adapted from MentalHealthLiteracy.org



## Mental Health Collaborative

is a nonprofit organization that provides evidence-based programs on the **4 components of mental health literacy**: *obtaining & maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, & how to get help*. Our programs are backed by Mental Health America, the JED Foundation, & the National Academy of Health and Physical Literacy.

To bring our programs to your school, contact Abbie Rosenberg  
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