

# Mental Health Essentials for Educators



## ABOUT THE PROGRAM

**4-6 hour training provided to all school personnel with whom students naturally engage.** Educators and 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

*Evidence-based  
(see our [data report](#))*

*Delivered by experienced  
clinicians and educators*

*Offered virtually or  
in-person*

"One of the most relevant and well-presented professional trainings in my 15 years of teaching. I've successfully applied this content in my work with students, my relationships with others, and with my own children."

HIGH SCHOOL EDUCATOR



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

To learn more about programs for your school,  
contact Abbie Rosenberg • 508-625-1660  
[abbie@mentalhealthcollaborative.org](mailto:abbie@mentalhealthcollaborative.org)  
or visit [mentalhealthcollaborative.org](http://mentalhealthcollaborative.org)

This program was adapted from  
MentalHealthLiteracy.org's Go-To  
Educator program

