

Mental Health Essentials for Student Leaders



ABOUT THE PROGRAM

1-hour program for middle & high school student leaders

Students leaders will learn:

- how to recognize the signs and symptoms of mental illness
- when to get professional help
- how to use strategies for healthy coping & self-care
- how to be a mental health champion in their communities

Evidence-based

*Delivered by experienced
clinicians and educators*

*Offered virtually or
in-person*

"Very informative! It's important for kids our age to be knowledgeable on these topics."

HIGH SCHOOL STUDENT-ATHLETE



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 this program, contact
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