

Mental Health Essentials Student Curriculum



Mental Health
Collaborative

ABOUT THE PROGRAM

6 modules, designed to be taught in one grade, ranging from grades 7-10

- Easily embeds into existing curricula
- Aligns with SHAPE NHES, CASEL Competencies, CASEL Playbook Strategies
- Translated into Spanish & Portuguese
- Includes 1 year of data collection & analysis to measure improvements in knowledge
- Includes access to Community of Practice meetings for ongoing implementation support

Train-the-Trainer:* 3 hours

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

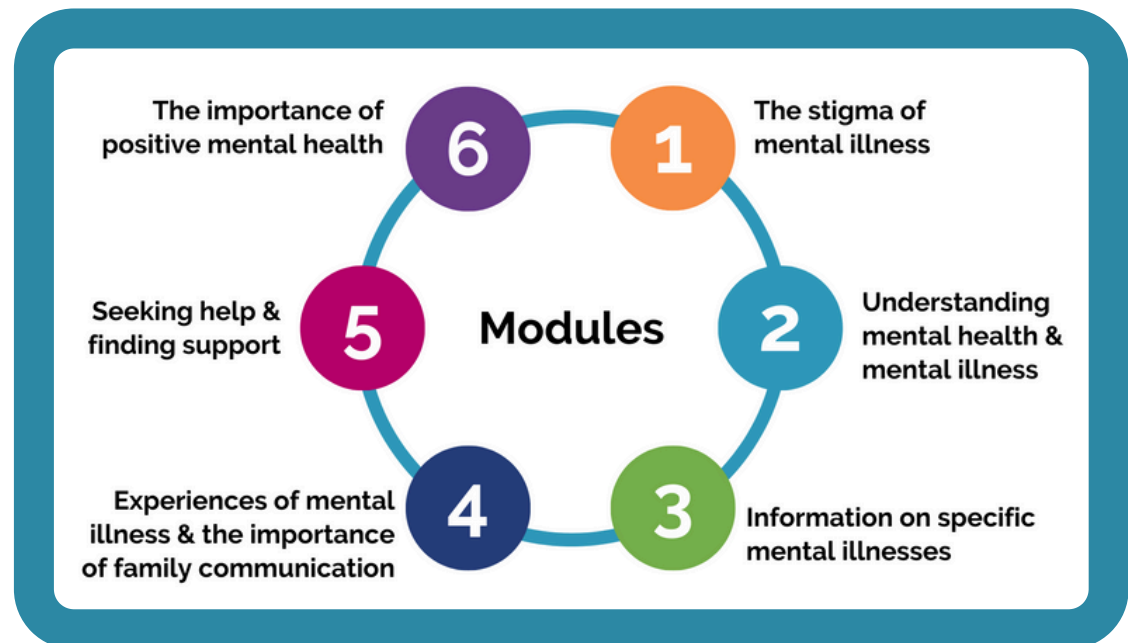
Decreases stigma

*Improves mental health
knowledge, help-seeking,
and school culture*

*Improves stress and
general well-being of both
students and teachers*

"I knew something wasn't right, but I didn't have the words for it. This was the best class —with really important information that we all need!"

8TH GRADE STUDENT



*Mental Health Essentials for Educators is a pre-requisite (for non-clinical staff) for this program

To learn more about programs for your school,
contact us at 508-625-1660
info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org

This program was adapted from
MentalHealthLiteracy.org's
Curriculum Guide

