

Mental Health Essentials for Educators



ABOUT THE PROGRAM

Educators & school personnel will learn to:

- Identify when students need referrals for mental health support
- Understand the referral process within the school
- Implement strategies to manage mental health needs in the classroom
- Develop confidence in talking about mental health with students & colleagues
- Apply techniques to maintain & strengthen their own mental health

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

*Delivered by experienced
clinicians*

*Offered virtually or
in-person*

Direct Delivery: 3 hours or 5 hours

“This training was filled with evidence-based information and practical suggestions that can help address needs in a wide-range of students and school settings.”

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 us at 508-625-1660
info@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org

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

