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

Direct Delivery: 3 hours
Self-paced e-course: ~90 minutes

Evidence-based

Delivered by experienced clinicians

Offered virtually or in-person

take the e-course

"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 501(c)3 nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: decreasing stigma, understanding mental illnesses, promoting positive mental health, and enhancing help-seeking efficacy. Our programs are backed by NAHPL, the JED Foundation, and the National Center for School Mental Health.

This program was adapted from Mental Health Literacy.org's Go-To Educator program.

To learn more about this program, contact us at 508-625-1660, info@mentalhealthcollaborative.org or visit mentalhealthcollaborative.org

Ask us about our Champion of MHL Seal :

Champion of Mental Health Literacy — Platinum