

Mental Health 101 for Student Advocates

WORKSHOP FOR MIDDLE AND HIGH SCHOOL STUDENTS

Young people can play an important role in reducing stigma related to mental illness, increasing awareness about suicide prevention, and promoting access to mental health services.

This virtual workshop will provide students with foundational knowledge of mental health concepts that will support them to become advocates for themselves and others. This workshop will be provided to Orange County public, private and charter schools at no cost.

Youth participants will learn about:

- Basic concepts of mental health
- Mental illness prevalence among youth and factors that contribute to it
- Strategies for ending mental health stigma
- Common signs and symptoms of mental health conditions among youth
- Warning signs associated with suicide and how to support a peer in need
- Stress reduction and self-care strategies
- School and community resources where students can seek help for themselves and others

The Student Advocates for Mental Health Program contributes to a Multi-Tiered System of Support and Local Control and Accountability Plan priorities by engaging students, families and community members, building social-emotional skills, and fostering a strong and positive school culture.

Funded by: OC Health Care Agency (OCHCA), Behavioral Health Services, Prevention and Intervention, Mental Health Services Act/Prop. 63



StigmaFreeOC



**TO SCHEDULE A 50 MINUTE (OR ONE CLASS PERIOD) WORKSHOP,
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