Wear **Green** ... 

**May** 2018 

Make lapel Pins
Host A

Changes Attitudes and Saves Lives

NAMI

Ending the SILENCE

a mental health literacy program for students
For more information on Ending the Silence, please visit: https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence
#BeThe1To

Schedule a Suicide Safety for Teachers Training:
1 hour in-service training for staff members

SPC NY
Suicide Prevention Center of New York State
Participate in the...

NAMI NYS RIBBON CAMPAIGN

An anti-stigma, awareness campaign

Find Help. Find Hope
Believer’s Club
John Jay High School
Wappingers Falls NY

Roy C. Ketcham High School
Wappingers Falls NY

Rachel’s Club
Arlington High School
Lagrangeville NY

Hammocks
Mamaroneck, NY

Leo Club
Spackenkill High School
Poughkeepsie NY
How many of you have noticed the white ribbons tied to the trees outside your school today?

Since 1949, May has been dedicated to Mental Health Awareness Month. (Your School) and will be tying ribbons on your campus to support the importance of mental health.

This is a campaign to educate the community, to let them know that it’s ok to ask for help, and to stomp out the stigma surrounding mental illness.

A mental illness is a medical condition that disrupts a person’s thinking, feeling, mood, ability to relate to others and daily functioning.

Mental illnesses are just as credible as a medical conditions like diabetes and heart disease.

Anyone who is struggling with mental illness can get help and recover and lead a happy and productive life.

It is important to remember to keep BOTH a strong body and strong mind.

Find Help. Find Hope.
Start the day with a fact or a positive aphorism about mental illness.

“You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle.”

— Julian Seifert

“Mental illness is nothing to be ashamed of, but stigma and bias shame us all.”

— Bill Clinton

“No one would ever say that someone with a broken arm or a broken leg is less than a whole person, but people say that or imply that all the time about people with mental illness.”

— Elyn R. Saks

Judging a person does not define who they are. It defines who YOU are. Fight stigma! #MentalHealthAwareness

STOP THE STIGMA OF MENTAL ILLNESS

YOU NEVER HEAR, “SNAP OUT OF IT, IT’S JUST DIABETES.” So why do some say that about depression?

Support Mental Health Awareness

fb/HighAnXieties
Have Students post positive affirmations on their classmate’s lockers.
Throw eggs filled with tempera paint to break the stigma!
Fill empty egg shells with tempera paint.
Throw eggs onto a canvas or poster board to end Stigma
Instead of asking: *how YOU doin'?*

**ask**

*How are you feeling?*

**MAKE A CONNECTION!**
Talk about ways to relieve Stress, Anxiety, and Depression...

Positive ways to maintain
Kevin Breel
Confessions of a Depressed Comic

Start the conversation...
with a mental health forum

Let's Talk!

#Ok2Talk
Please click screen to watch TED talk.
Host an "iMatter" Art Show
1 out of every 5 young people have a mental health issue.
Hand print project
NEVER Give Up!!

Chalk About it...

Students creatively express themselves through sidewalk art and slogans.
Host a Mental Health Fair at your school!

Invite local mental health organizations to participate in a mental health resource day!
HOST A Triple-E Day

Mental-E

"YOGA"

Emotional-E

"MIND, BODY AND SOUL FESTIVAL"

Physical-E

"STRONG BODY STRONG MIND"

"eat right."

"POETRY SLAM"
Take the pledge...

See the person not the illness, take action, take the pledge and be...
Have your students take the pledge and sign the #IAmSTIGMAfree banner
POST on your
Encourage your faculty, staff and students to **DOWNLOAD YOUR LOCAL MENTAL HEALTH RESOURCES** on their devices.
Join our NAMIWalks NYS
Saturday, September 29th, 2018
Jennings Landing, Albany NY
Healthy Minds – Healthy Communities
“It takes a village to raise a child.”
Thank you for your support!

For more information, please contact:
Tina Lee
518-462-2000
tina@naminys.org

Children's Mental Health Matters!