



Mental Health Awareness Week

Morning Announcements

Use the messages on the following pages to talk about Mental Health Awareness Week at your school. The message are tailored by age group--elementary, middle school, and high school--and can be used for morning announcements, homeroom announcements, or even messages to families. Feel free to edit and tailor them to meet the needs of your school community.



Mental Health Awareness Week Morning Announcement



Elementary

MONDAY We All Have Mental Health

Today is the start of Mental Health Awareness week! All week long, we'll be talking about our minds and how we can keep them healthy. Today's theme is "We all have mental health." Did you know that we can do simple things that keep our mind healthy, just like we do simple things to keep our bodies healthy? Like exercise for the body, things like getting rest, talking about feelings, and having fun with friends and family can help our minds stay healthy. Can you think of other things to keep your mind healthy? Have a great day!

TUESDAY Stressors and Stigma

Our Mental Health Awareness Week theme for today is "Stressors and Stigma." Too much stress can cause poor mental health, but the symptoms of stress are often felt in our bodies. Symptoms like headaches, trouble sleeping, or an upset stomach can be caused by stress, and are often missed as signals of mental health stress. Try to tune into all the things your body is feeling and talk to an adult about what you notice.

WEDNESDAY Building Resiliency

Today's theme for Mental Health Awareness Week is "Building Resiliency!" Being resilient means that you easily bounce back from tough moments. Did you know that one of the easiest ways to build resilience is to have and show gratitude? Taking a moment to think about what you are thankful for will take your mind off of what didn't go right, and center your thinking on the positive. So give it a try! Think of something you are thankful for in your life. If you're thankful for other people, be sure to tell them!

THURSDAY Who Can Help?

Today's Mental Health theme is "Who can help?" Did you know that you are surrounded by people that know how to help you with big feelings and keeping your mind healthy? Teachers, parents, and even coaches can be great helpers when you need to talk. Who are some adults in and out of school you can talk to if you are having big feelings?

FRIDAY It's OK to Not Be OK

Today is the final day of Mental Health Awareness Week. Our theme today is "It's OK to not be OK." We hope, after a week of talking about mental health, you know that everyone has mental health and we need to take care of yours! You should also know some adults you can go to for help when you're not feeling OK. Remember, it's totally normal to have mental health challenges, but we need to get help to feel better!



Mental Health Awareness Week Morning Announcement



**Middle
School**

MONDAY We All Have Mental Health

Today is the start of Mental Health Awareness week! Each day this week has a theme, and today's theme is "We all have mental health." While 1 in 5 people have a mental health challenge, 5 out of 5 people have mental health! We need to make it normal talk about and take care of our mental health.

TUESDAY Stressors and Stigma

Our Mental Health Awareness Week theme for today is "Stressors and Stigma." Stigma is a negative attitude or belief based on a misunderstanding or fear. Even though we all have mental health struggles from time to time, stigma is the number one reason people don't seek help for mental health issues. Saying things like "She's needs to just get over it" or "He does it for attention" are examples of perpetuating stigma. What could you do to help break the stigma?

WEDNESDAY Building Resiliency

Today's theme for Mental Health Awareness Week is "Building Resiliency!" Being Resilient means that you easily bounce back from tough moments. Did you know that one of the easiest ways to build resilience is to have and show gratitude? Taking a moment to think about what you are grateful for will take your mind off of what didn't go right and center your thinking on the positive. Let's practice gratitude today!

THURSDAY Who Can Help?

Today's Mental Health theme is "Who can help?" Did you know that every day you are surrounded by people that can help you with your mental health? These people are in your family, school, and community, many of whom you see everyday! We're not just talking about counselors. Your teachers, parents, and even coaches can be great help if you are having mental health struggles. We're here, and we're ready to help. Just reach out!

FRIDAY It's OK to Not Be OK

Today is the final day of Mental Health Awareness Week. Our theme today is "It's OK to not be OK." We hope after a week of talking about mental health, that you know it is OK to not be OK in your mental health. You also know how to keep your mind and thoughts healthy and how to increase your resilience. But most of all, we hope you remember how many people can help you, and whether it's a trusted adult, or a hotline like 211, you need to reach out when you're not OK!



Mental Health Awareness Week Morning Announcement



**High
School**

MONDAY We All Have Mental Health

Today is the start of Mental Health Awareness week! Each day this week has a theme, and today's theme is "We all have mental health." While 1 in 5 people have a mental health challenge, 5 out of 5 people have mental health! We need to normalize talking about and taking care of our mental health just as we take care of our physical health.

TUESDAY Stressors and Stigma

Our Mental Health Awareness Week theme for today is "Stressors and Stigma." Stigma is a negative attitude or belief based on a misunderstanding or fear. Even though we all have mental health struggles from time to time, stigma is the number one reason people don't seek help for mental health issues. Saying things like "She's needs to just get over it" or "he does it for attention" are examples of perpetuating stigma. What could *you* do to help break the stigma?

WEDNESDAY Building Resiliency

Today's theme for Mental Health Awareness Week is "Building Resiliency!" One of the easiest ways to build resilience is to have and show gratitude. Keeping a gratitude journal, telling someone they are important to you, or simply pausing to think about what you are grateful for can take your mind off of what isn't going right and center your thinking on the positive. Gratitude is a free and effective way to tend to your mental health. Let's practice gratitude today!

THURSDAY Who Can Help?

Today's Mental Health theme is "Who Can Help?" We know that teens tend to turn to each other first, yet adults are the ones who can help teens get needed Mental Health services. Here are some ways you can find help: Reach out to trusted adults, like teachers, parents, coaches, or adult family or community members. Use school resources like counselors, psychologist, and social workers. Join a teen support group. Call a hotline like 211. Know there's nothing to be ashamed of; we all need help from time to time!

FRIDAY It's OK to Not Be OK

Today is the final day of Mental Health Awareness Week. Our theme today is "It's OK to not be OK." We hope after a week of talking about mental health, that you know it is OK to not be OK in your mental health. You also know how to keep your mind and thoughts healthy and how to increase your resilience. But most of all, we hope you remember how many people can help you, and whether it's a trusted adult, or a hotline like 211, you need to reach out when you're not OK.