

Talking Mental Health

Classroom Lesson Objectives



Understanding that mental illness is a physical illness



Gain basic knowledge about mental illnesses, warning signs, & other factors



Understand mental health & mental illness stigma



Know how to help someone dealing with mental illness



Understand the importance of caring for one's mental health & identify ways to do it



Identify where to get help in school & other resources

Lessons Offered to Schools

Upper Elementary

- 4th & 5th Graders
- Lesson 1 & Lesson 2
- (45 minutes each)

Middle School

- Lesson 1
- Lesson 2
- (45 minutes each)

High School

- Lesson 1
- Lesson 2
- Lesson 3
- (50 minutes each)

Booster Lesson: LGBTQIA+

Lesson: 60 minutes | For High School Students &/or Teachers

This booster lesson will look at the mental health challenges (& common mental illnesses) those identifying as LGBTQIA+ face & factors that increase their risk for having a mental illness. We'll also look at the stigma associated with being LGBTQIA+ & having a mental illness, as well as ways to be an ally & advocate for LGBTQIA+ in your school & community.



Talking Mental Health

Other Training

Professional Development

For School Administration, Teachers, & Organizations Working with Children | One presentation (1.5-3 hours)

This training includes information about mental illnesses, warning signs, & other factors impacting mental health.

We provide the tools & resources to address student mental health struggles compassionately & effectively. Participants engage in role play to practice these skills.

The length & content can be adapted to to meet the specific needs of the school or organization.

Community Forum

For parents & general public | One presentation (1.5 hours)

This presentation includes information about the mental health spectrum, warning signs, mental illnesses, cultural impact on mental health, other risk factors, how to talk to your child, & suicide prevention. This presentation can be adapted to meet the specific needs of your school, group, or organization.



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