



## 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)

### Mental Health Toolbox

Lesson: 50 minutes

This lesson will focus on the mental health continuum and the importance of maintaining good mental health, by identifying one's own self care tools & support network.

### Booster Lesson: LGBTQIA+

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

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



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### Suicide Awareness & Prevention Booster Lesson Lesson: 60 minutes

Having open, honest conversations about suicide awareness & prevention actually help lessen the likelihood that someone will attempt suicide. This lesson helps to approach these conversations, increase coping skills as they relate to suicidal thoughts, increase protective factors & establish a peer support network.

### 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)

The goal of the community forum is to increase awareness of mental health problems in one's community, by looking at warning signs and risk factors. Participants will also learn how to start conversations about mental health, helping to destigmatize mental illness and prevent suicide.



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