

Mental Health Curriculum

Complimentary presentations offered to upper elementary (4th grade) and up. Use the QR code to book a class.



Talking Mental Health 2 part lesson for 4th-12th grades (45-50 mins each)

- Understand that mental illness is a physical illness and the stigma sometimes attached to it.
- Gain basic knowledge about mental illnesses, warning signs, & other factors.
- Understand the importance of caring for one's mental health & identify ways to do it.
- Know how to help someone dealing with mental illness.
- Identify where to get help in school & other resources.

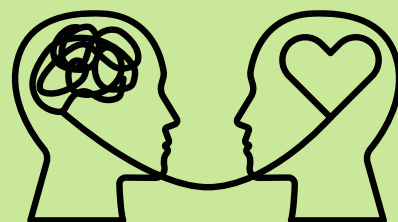
Mental Health Toolbox for 4th-12th grades (50 mins)

- Mental illness is a physical illness and it is more common than most people think.
- Mental health is on a continuum. It covers feeling very good to very bad and everything in between.
- Identify a regular self care routine to maintain good mental health.
- Identify a network of people to talk to about hard stuff (social supports).
- Learn coping skills to support well-being and mental health.

Suicide Awareness & Prevention

booster lesson for middle-high school (60 mins)

- Learn NM Stats.
- Identify risk factors and warning signs that lead to suicide.
- Identify ways to help a friend and how to start the conversation.
- Learn resources.



Mental Health Curriculum

Bullying & It's Impact on Mental Health

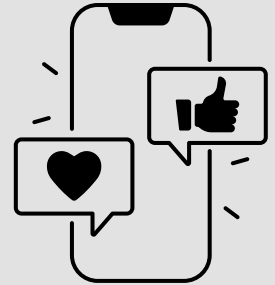
2 part lesson for 4th-12th grades (50 mins each)

- Understand the nature of bullying and what the different forms of bullying can look like.
- Understand how bullying can impact one's mental health.
- Know the stigma that surrounds bullying and how to raise awareness.
- How to be a solution to bullying and where to access resources.

Social Media & It's Impact on Mental Health

for 4th-12th grades (50mins)

- Understand the positive and negative impact of social media.
- Understand why social media is addictive, especially to teens.
- Understand how social media can become addictive.
- How to implement healthy coping skills in managing social media.



Community Forums

for parents & general public (1.5-3 hours)

Increase awareness of mental health problems in one's community by looking at warning signs & risk factors.

Participants will also learn how to start conversations about mental health, helping to destigmatize mental illness & prevent suicide. Includes parts of our **Social Media + Bullying and it's Impact on Mental Health** presentation customized for parents/community.

Professional Development

for School Admin/Teachers, Organizations Working w/Children & Families, Construction Workers. (1-3 hours)

Learn about mental illnesses, warning signs, & other factors impacting mental health. We provide the tools & resources to address mental health struggles compassionately & effectively. The length & content can be adapted to meet the specific needs of the school or organization.



FB: @BreakingTheSilenceNM
All Other Platforms: @BTSNewMexico

Contact ysidra@breakingthesilencenm.org

