

# Youth Education

Offered by Mental Health America in Sheboygan County

Topic	Grades	Description
Mindful Classroom Initiative	K-2 3-5 6-8 9-12	Mental Health America uses the Growing Minds Social Emotional Skills Curriculum to teach students mindfulness techniques that will benefit them within the classroom. This <b>10 week program</b> will help students build lifelong skills including learning to focus during distractions, reducing stress, increasing self-awareness and self-regulation, and being kind to themselves and others. (Please see additional mindfulness information sheets.)

Due to the time commitment of our Mindful Classroom Initiative, we are available to do the following classroom education presentations in September, January, and May ONLY.

Depression/Anxiety	6-12	Students learn the signs, symptoms, and other aspects of depression and anxiety. Students will receive a list of resources available within the community.
Depression/ Suicide Prevention	6-12	Students learn the signs of depression and receive valuable information on how to help prevent suicide. The topic of self-injury can be included upon request. Suicide prevention information is distributed to all students.
Mental Health Awareness	6-12	Characteristics of good mental health are provided, along with a description of common mental illnesses. Students learn about healthy lifestyle choices, and discover that the brain can be affected by illness.
Stress Management	6-12	Students learn healthy ways to manage stress in their lives.
Customized Program	K-12	If you would like a presentation on a specific mental illness, or another topic related to mental illness to meet your students' needs, contact MHA.



To schedule classroom education, contact  
**Trisha Erpelding, Education Program Coordinator**

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