

## Student Take-Home Resources

### Recognizing the Signs of Mental Illness and Reducing Mental Health Stigma

Grade 10

**Key Takeaways:**

1. We all experience negative feelings sometimes. When they last for weeks, when you have several symptoms of a mental illness, or when your feelings seem intense, it's time to talk to a trusted adult.
2. You can help friends and family members with a mental illness.
3. You can help to reduce the stigma of mental illness.

**Vocabulary:**

1. Mental health - Mental health is the term we use to describe how our emotions and thoughts affect the way we handle stress, relate to other people, and make the decisions we do.
2. Mental illness - People with a mental illness may have thoughts, feelings, and actions that are different than other people of the same age. When connected to a mental illness, feelings last much longer and are more intense than other people's typical feelings about stress.
3. Stigma - Stigmas are negative stereotypes. They are often communicated by how we treat or talk about people with a mental illness.

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it's time to HELP.</p> <p><b>H</b>elp as soon as you can.</p> <p><b>E</b>mpathize with others.</p> <p><b>L</b>isten without trying to fix it.</p> <p><b>P</b>lan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they're keeping you from being able to do what you need or want to do, it's time for you to ACT.</p> <p><b>A</b>pply coping strategies.</p> <p><b>C</b>onsider your options for help.</p> <p><b>T</b>alk to a person you trust.</p>
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**Resources:**

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:  
<https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to [www.crisistextline.org](http://www.crisistextline.org)
- Hope for Healing: <http://www.hopeforhealingfl.com/>