

**PURPOSE** //////////////////////////////////////

- Spread awareness about help-seeking
- Give advice for taking care of one's mental health

OBJECTIVE //////////////////////////////////////

- Create mental health awareness posters to hang in the bathrooms.
- Raise mental health awareness by increasing visibility!

INSTRUCTIONS //////////////////////////////////////**Materials**

- Paper for printing
- The templates in this file
- Markers/Colored Pencils if designing offline

Application

- Hang up signs inside of bathroom stalls, near bathroom mirrors, or above trash bins in the bathroom. Choose places that are likely to be noticed by students, but also not in the way.
- Be very mindful of anyone currently using the bathroom, and respect their privacy.

Assembly

1. Either create the posters using the templates in this document or by having students create their own handmade designs on poster-paper or construction paper.
2. Make sure to create enough signs to hang in all of the building bathrooms. If you want to hang them inside of bathroom stalls, you will need even more copies!



Shout out to the Empowerment Club
at Gwendolyn Brooks in Chicago for
coming up with this activity.

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



erikas.lighthouse



@Erika's Lighthouse

BATHROOM BREAK

Taking Care of Your Mental Health

1

Positive Self Talk

- Treat yourself kindly
- Talk to yourself in a kind, supportive way
- "I got this" "I can do it"

2

Get Enough Sleep

- It is recommended that teens get 8-10 hours of sleep per night
- Sleep helps the brain process emotions and regulate your mood

3

Do What You Love

- Join clubs
- Save time for hobbies
- Join a sports team, band, orchestra, etc.

BATHROOM BREAK

988 Suicide and Crisis Hotline

1

What is it?

- The 988 Suicide and Crisis Hotline offers free, confidential, and 24/7 emotional support for anyone experiencing a suicidal, mental health or substance use crisis.

2

How do I use it?

- Call or text 988
- Chat through their website, 988lifeline.org



3

When do I use it?

- When facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.

988 SUICIDE & CRISIS
LIFELINE



BATHROOM BREAK

Finding Help at (School Name)

1

Where to look

- School fills in information (Such as the Counselor's office and other mental health related locations)

2

How to ask for help

- Find a trusted adult
- Tell them how you feel, what you've tried (if anything), and what they can do to help

3

You are not alone

- There is always someone willing to talk



BATHROOM BREAK

Title Line

1

Step 1 Title

- Information

2

Step 2 Title

- Information

3

Step 3 Title

- Information