



## Mental Health Student Leadership Academy for Middle & High School

The Mental Health Student Leadership Academy modules educate Empowerment Club members about mental health and their role as a trusted peer and a mental health leader. Choose the delivery method that works best for your club.

- **Method 1:** Clubs watch the 3 video-based modules
- **Method 2:** Club Leaders educate their own club using provided slides & speaker notes.
- **Method 1 & 2:** Club members can talk about the discussion questions after watching each of the the video-based modules

### Modules

1

#### MENTAL HEALTH 101

Youth will learn what is mental health, the difference between everyday and overwhelming feelings, coping strategies and how too much stress can get in the way of good mental health.

2

#### BEING A TRUSTED PEER

Youth will gain confidence and skills to help a peer who might be facing a mental health challenge or crisis. They will learn facts about depression, what do to if they're worried about a peer, and how to have supportive conversations with friends.

3

#### BE A MENTAL HEALTH LEADER

Youth will learn how to spread awareness and education about mental health in their school. They will learn how to gain access to the Erika's Lighthouse Awareness into Action Activities.

