Teaching Resilient Students and Raising Healthy Teens
Mental health, suicide prevention and social emotional learning for educators and parents.

Complete a Mental Health Spirit Day Activity by Children’s Mental Health Awareness Week May 9th and win a pizza party!

In classroom - After School or Club Activity - Grades K-12

DirectingChange.org/events

May 9th is Children’s Mental Health Awareness Week. Complete a Mental Health Spirit Day Activity by May 9th, submit proof of participation and win a pizza party, gift card or movie tickets for young people up to age 25, adults 26 and older may also enter.

Visit DirectingChange.org/events to fill out an intent form and to submit proof of participation.

Choose a Spirit Day Activity:

1. In a group of students, discuss what mental health means to them and form a human green ribbon or wave a green ribbon to show your support.

2. If you or someone you know needs help, connect them with a trained teen counselor.

3. Remind the movie inside out! Lines up as an emotion or draw a character from the movie to represent how you feel.

4. Host a film screening! A number of amazing free films and curriculums are available on the website. Of course, choose a Directing Change film screening for films created by youth, for youth.

5. Come up with your own mental health spirit day activity!

Host a Student-Led Mental Health Awareness Event

In classroom - After School or Club Activity - Grades 5-12

DirectingChange.org/events

This “Activity Tip Sheet” published by the Directing Change program includes a curated list of activities that have been implemented by young people in different settings across the state, like door decorating contests and film screenings, to campus wide events, the list is intended for schools and clubs with planning and implementing mental health and suicide prevention activities.

Take Action for Mental Health by Viewing Student-Created Films

Activity Tip Sheet: Suicide Prevention and Mental Health Activities for Young People

In classroom - After School or Club Activity - Grades 5-12

DirectingChange.org/events

The Directing Change program invites students to create and submit short films about mental health and suicide prevention to an annual film contest. The Directing Change program is a collaboration between the California Department of Education and the California Hopefuls (CalHOPE), a free intervention program that draws on developmental and educational theory in its approach.

The mental health visit: "The lime green ribbon is the symbol of mental health and should be incorporated in your submission in a creative way, which is due by May 31, 2023.

For additional ideas to take action for mental health visit: TakeAction4MH.com

11th Annual Red Carpet Award Ceremony and Film Screening

In person - May 11, 2023 11 a.m. - 2 p.m. PDT

Visit the website and vote for your favorite!

MAY IS MENTAL HEALTH MATTERS MONTH

DirectingChangeCA.org

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