

Teaching Resilient Students and Raising Healthy Teens

Mental health, substance use and suicide prevention resources for educators and parents

This newsletter provides a list of curated resources and activities to support social emotional development, healthy coping as well as crisis support for educators, students and parents.



MAY IS MENTAL HEALTH MATTERS MONTH

and a great time for young people to Take Action for Mental Health! This edition of our newsletter provides a range of activities for students, educators, and parents.

Complete a Mental Health Spirit Day Activity by Children's Mental Health Awareness Day on May 11th and win a pizza party!







In classroom • After School or Club Activity • Grades K-12
» DirectingChange.org/events



May 11th is Children's Mental Health Awareness Day. Complete a Mental Health Spirit Day Activity by May 11th, submit proof of participation and win a pizza party, gift cards and more! Young people up to age 25, schools and organizations are eligible to participate.

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

Choose a Spirit Day Activity:

-  **Organize a group of students** to discuss what mental health means to them and then form a human green ribbon as a pledge to take care of their own mental health.
-  **Go Lime Green!** The lime green ribbon is the symbol of mental health. Dress-up, make-up, nails or hair – show your lime green spirit and take a group picture.
-  **Show your spirit** with a cheer, song, dance, collage or other group activity and express: Why Mental Health Matters.
-  **Answer the prompt:** I Take Action for Mental Health by...
-  **Remember the movie *Inside Out*?** Dress up as an emotion or draw a picture that reflects how you feel!
-  **Host a film screening!** A number of amazing free films and curriculums, including "A Trusted Space" and "Angst" are available on the [CalHOPE School Initiative website](https://CalHOPE.org). Or of course, choose a Directing Change film screening for films created by youth, for youth.
-  **DIY:** Come up with your own Mental Health Spirit Day activity!

Submit to the Hope and Justice art and film contest! The prompt for May is: "Take Action for Mental Health"

In classroom • After School or Club Activity • Grades 5-12
» DirectingChange.org/events



Paint, write or sing about changes you hope to see in yourself or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge. The lime green ribbon is a symbol of mental health and should be incorporated in your submission in a creative way! Deadline is May 31, 2023!

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

Host a Student-Led Mental Health Awareness Event

In classroom • After School or Club Activity • Grades 5-12
» [Activity Tip Sheet: Suicide Prevention and Mental Health Activities for Young People](#)

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 grades across California. Ranging from door decorating contests and film screenings, to campus wide events, the tip sheet is intended to help schools and clubs with planning and implementing mental health and suicide prevention activities.



Take Action for Mental Health by Viewing Student-Created Films and Voting!

In classroom • After School or Club Activity • Grades 5-12
» DirectingChangeCA.org/2023-award-ceremony



The Directing Change program invites students to create and submit short films about mental health and suicide prevention to an annual film contest. The regional finalists have been announced and first place winning films in each category advanced to a second round of judging. Winning films will be announced at the red-carpet award ceremony hosted in downtown Los Angeles on May 16th. In addition, all statewide finalists are posted on the program website for a "People's Choice" award. [Visit the website](#) and vote for your favorite!

11th Annual Red Carpet Award Ceremony and Film Screening

In person • May 16, 2023 11 a.m. – 2 p.m. PDT • Free
» 2023DirectingChangeAwardCeremony.eventbrite.com

If you are near downtown Los Angeles or up for a road trip, please join us for our film screening and red carpet award ceremony hosted at the Theatre at Ace Hotel in downtown Los Angeles on May 16 at 11 a.m. This is a great opportunity for students to learn about mental health and suicide prevention by viewing short films about these topics created by their peers. Winners will be announced and recognized at the award ceremony. Transportation stipends are available for schools and organizations in or near Los Angeles County.

Please [reserve your ticket here](#) to join us!



Suicide and Crisis Line (24/7)

If you or someone you know needs support now, call or text **988** or chat at 988Lifeline.org. **988** connects you with a trained crisis counselor who can help.

There is hope.



Teen Line

1-800-852-8336 (6-10 p.m.)
Text "TEEN" to 839863 (6-9 p.m.)

A confidential hotline for teenagers, staffed by trained teens.

Directing Change launched in 2012 and is a suicide prevention and mental health promotion program that draws on developmental and educational theory in its approach.

By following the program's submission guidelines to create short (30- and 60-second) films or art projects, students learn about suicide prevention, mental health and other social justice and critical health topics; discuss and apply that knowledge in peer groups; and communicate positive, youth-focused, action-oriented messages to peers and adults in their communities. The program is free to schools and supported by the California Department of Education.