

SACHEM SEL & MENTAL
HEALTH PRESENTS

MENTAL HEALTH AWARENESS WEEK



MENTAL
HEALTH
MATTERS

TSHIRT AND BRACELET SALES

WEDNESDAY, NOV. 2 - THURSDAY, NOV. 10

*Wear them on Wednesday, Nov. 9 to
show your support!

RESOURCES

STUDENTS

[LINK TO NAMI
CHECK-IN ON
NEXT PAGE](#)

TEACHERS

[HELPGUIDE.ORG](#)
[NYS OFFICE OF
MENTAL HEALTH](#)

PARENTS

[KIDSHEALTH.ORG](#)
[MENTALHEALTHLITERACY.ORG](#)

COME VISIT OUR TABLE FOR MORE INFO!

TEEN and YOUNG ADULT

Mental Health Resources



CHECK-IN.

Checking in means setting time aside to reflect with yourself on how you are feeling and what you need. Here are some questions you can answer to check-in on your mental health

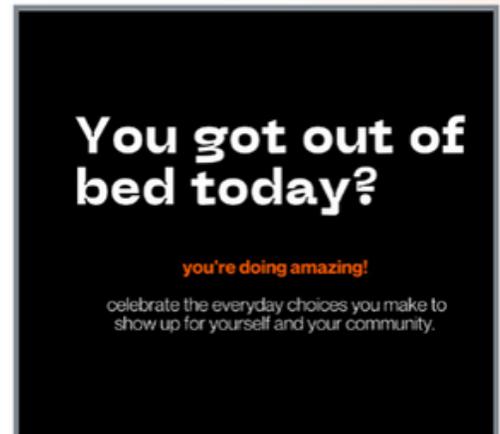
[YA Mental Health Check-in Carousel – Instagram Post](#)



CELEBRATE.

Everything you do for your mental health is a reason for celebration. Swipe to reflect on the everyday decisions to care for your mental health.

[YA Mental Health Game Plan – Instagram Post](#)



APPRECIATE.

Gratitude is showing appreciation to yourself. Join our gratitude challenge and try giving thanks to yourself.

[YA Gratitude Challenge – IG Story](#)

