

A MENTAL HEALTH CAMPAIGN



TELL ANOTHER • LISTENING IS KEY

Tell Another Listening is Key to a HEALTHY MIND.



Mental Health

Mental Health is a state of well-being. The ability to manage the normal highs and lows in everyday life, be productive, and engage positively with people, are characteristics of a healthy mind.

Different from mental health is mental illness, a medically diagnosable illness that impairs an individual's ability to live a productive life without treatment. While mental health exists in everyone all of the time, mental illness does not.



Mental Health and the Community

As a community, everyone can help individuals who are challenged by their state of mental health. Knowing how to relate to a person experiencing a mental health challenge or illness can be difficult. After all, if you are unable to recognize the problem, how can you address it?

With a little guidance, everyone can help those in need; and more importantly, save lives.

So together, **let's talk!**

Mind and Body are One

Why is a conversation with someone about physical health usually straight forward, and a conversation about mental health very difficult and often avoided?

For example, while a stomach virus easily leads to a visit to the doctor for treatment, an anxiety condition is often held within and covered by a superficial smile. Why?

Unfortunately, there is a stigma associated with mental health. However, the reality is there is nothing shameful or disgraceful about mental health conditions. Let us face it, health is health and individuals who fall into a state of depression, have emotional issues or some other disorder, deserve respect, guidance and help.



The Stigma Stinks

It is our call to action to eliminate the belief that mental health is a negative topic that is best handled by trained professionals.

Everyone has the ability to listen to another and lend support to someone in need. That first supportive step can be the exact action that may save a life.

So together, **let's remove the stigma!**



Leading the Way to a Healthier Tomorrow

Resources and supportive environments that provide healthy avenues for individuals to achieve social, emotional and mental wellness are available.

Through education, collaboration and support programs, individuals can thrive by regaining control over their lives.

Broward County Public Schools offers a comprehensive portfolio of training courses for people of all ages.

Training highlights include (but not limited to):

- Mental Health First Aid
- Suicide Prevention
- Threat Assessment
- Silence Hurts
- Early Warning Signs
- Typical or Troubled?
- Crisis Intervention
- Workplace Burnout Reduction
- Time and Stress Management
- Trauma Informed Mindfulness

Take Notice

It is important to know the warning signs of someone who may be struggling with a mental health challenge. Signs include:

Physical

- Eating or sleeping too much or too little
- Feeling numb or like nothing matters
- Drug usage
- Inability to perform daily tasks
- Hyperproductivity

Emotional

- Pulling away from people and usual activities
- Feeling helpless or hopeless
- Experiencing severe mood swings that cause problems in relationships
- Lack of satisfaction in achievements

Mental/Psychological

- Feeling confused, forgetful and on edge.
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others

Take Action

Acting on or responding to a situation can feel awkward, but keep in mind that the more normal the conversation about mental health, the easier the conversation becomes. When listening be genuine, allow for silence, and validate feelings. Be careful not to trivialize feelings. Try to convince the person to take advantage of the many resources available. Visit bcps-mentalhealth.com for more information.

So together, **let's help others stand tall!**



Your Next Step

Plan community conversations around mental health issues.

For More Information, Please Call:

Student Services Department
Family Counseling
School Social Work
School Counseling &
BRACE Advisement

754-321-1550
 754-321-1590
 754-321-1618
 754-321-1675

Coordinated Student Health Services
Exceptional Student Learning Support
Employee Assistance Program
SEDNET

754-321-1575
 754-321-3400
 754-322-9900
 754-321-3400

For more information and resources, visit bcps-mentalhealth.com

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