



# Morning Announcements

## PURPOSE //

- Use Mental Health Awareness Week (October) or Month (May), finals week, or back to school to use your voice during morning announcements to provide information and inspiration to your peers!

## INSTRUCTIONS //

### Materials

- Student or staff volunteer
- Five mental health awareness, educational, or inspirational statements (see below for ideas)



A special thank you to Key Club members for the creation of this activity.

### Application

- Speak with school staff to gain permission to make a short mental health announcement during your school's morning announcements/news.
- You might consider doing this during Mental Health Awareness Week, finals, or back to school
- Decide who will speak each day and determine when and where to be to make the announcement
- Decide on five mental health awareness, educational, or inspirational statements or announcements you will share and write or print them on a piece of paper
- Make your announcement and make a difference!

### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



Contact [Nathalia@erikaslighthouse.org](mailto:Nathalia@erikaslighthouse.org) for more information

# Mental Health Moment Announcement Ideas

## Share School or Community Resources

- How to contact your school counselor
- Where mental health information can be found
- How to access free or low cost mental health counseling
- How to identify a trusted adult at your school (Beacon of Hope signs, etc)
- How to join Teen Empowerment club

## Share Mental Health Facts

- Depression is a common, serious, treatable mental health disorder. 15-20% of teens will experience a depressive episode before reaching adulthood. If you think you have depression, you are not alone. Reach out to our school counselor or trusted adult for support.
- Warning signs and symptoms of depression can include sadness or hopelessness, sleeping too much or too little, changes in appetite, loss of interest or pleasure in normal activities, avoidance of social interaction, self harm or other risky behaviors, feelings of worthlessness or guilt, trouble thinking or concentrating, restlessness, or thoughts of death or suicide. If you or a friend are experiencing 5 or more of these symptoms, reach out to a trusted adult for support.

## Share Mindfulness and Self Care Tips

- Take a walk with a friend
- Listen to your favorite music or watch your favorite movie
- Use a free guided meditation app or video
- Get at least 8 hours of sleep
- Journal/draw your thoughts or how you are feeling
- Eat a snack and hydrate with some water!