

**SACHEM SEL & MENTAL  
HEALTH PRESENTS**

# **MENTAL HEALTH AWARENESS WEEK**



**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](https://www.helpguide.org)  
[NYS OFFICE OF  
MENTAL HEALTH](https://www.nys.gov/office-of-mental-health)

### **PARENTS**

[KIDSHEALTH.ORG](https://www.kidshealth.org)  
[MENTALHEALTHLITERACY.ORG](https://www.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

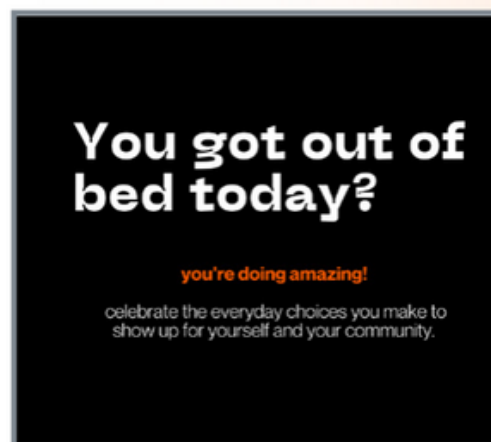
[YA Mental Health Check-in Carousel – Instagram Post](#)



## 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](#)

