

## **MENTAL HEALTH AWARENESS MONTH**

Mr. Wise's Ethical Leadership class, for their service project, is recognizing Mental Health Awareness Month. This is a student run project where students in class research several aspects of Mental Health. Some of these aspects include but are not limited to statistics for teenage kids, making posters and flyers to hang around campus and for several teachers for their classrooms, and to hand out green bracelets recognizing Mental Health Awareness!

The goal is to inform our students and adults on campus about Mental Health and include contact information here at school, locally, statewide, and nationally. Each day we will honor an aspect of Mental Health where ALL students are encouraged to wear that color on that specific day. Those days are listed below:

**Monday - Green for Depression awareness**

**Tuesday- Teal for Anxiety awareness**

**Wednesday- Orange for Self-Harm awareness**

**Thursday- Yellow for Suicide Awareness**

**Friday- Green for mental health awareness**

### **Henry Clay High School contacts**

**\*Shevan Threats - District Mental Health Specialist**

**"Threats, Shevan" <[shevan.threats@fayette.kyschools.us](mailto:shevan.threats@fayette.kyschools.us)>**

**\*Ciera Bowman - Youth Service Center Coordinator**

**"Bowman, Ciera" <[ciera.bowman@fayette.kyschools.us](mailto:ciera.bowman@fayette.kyschools.us)>**

### **State and National contacts**

**\*National Suicide and Crisis hotline : \*988 (By text or call)**

**\*National Depression hotline : 866-629-4564**

**\*National Anxiety hotline : 866-903-3787**