

Safe and Supportive Schools

Be Sensitive Be Brave:

Mental Health and Suicide Prevention

Staff, Parents/Guardians, and High School Students

Be Sensitive Be Brave: Mental Health

What: Increase mental health awareness through culturally responsive education

How: This workshop teaches how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good health.

TRAINING OBJECTIVES

- Identify if someone is in mental distress
- Practice being sensitive and brave in helping others
- Increase awareness of mental health resources
- Build resilience using a recipe for mental health
- Build cultural sensitivity around mental health
- Respond to community needs and decrease stigma

Staff, Parents/Guardians, and High School Students

Be Sensitive Be Brave: Suicide Prevention

What: BSBB: SP infuses culture and diversity throughout a foundational workshop on suicide prevention.

How: This workshop teaches how to act as eyes and ears for suicidal distress and to connect individuals to help.

TRAINING OBJECTIVES

- Identify signs of suicide
- Ask if someone is considering suicide sensitively and confidently
- Connect individuals with the appropriate support
- Approach suicide prevention in a culturally sensitive manner
- Respond to individual's needs and decrease stigma

Safe and Supportive Schools

Be Sensitive Be Brave:

Mental Health and Suicide Prevention

Middle School Students

Be Sensitive Be Brave: Mental Health

What: Increase mental health awareness through culturally responsive education

How: BSBB: MH infuses culture and diversity throughout a foundational workshop to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good health.

LEARNING OBJECTIVES

- Learn how to identify when you or someone you know is in mental distress
- Practice being sensitive and brave in helping others
- Identify mental health resources
- Define mental health
- Learn how to prevent mental illness by using a recipe for mental health
- Identify how culture and diversity affect mental health

Middle School Students

Be Sensitive Be Brave: Suicide Prevention

What: Increase suicide prevention awareness through culturally responsive education

How: BSBB: MH infuses culture and diversity throughout a foundational workshop to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good health.

LEARNING OBJECTIVES

- Define suicide
- Review suicide rates
- Review common misunderstandings around suicide
- Identify warning signs
- Learn HOW to ask about suicide
- Learn different options for helping someone struggling with suicidal thoughts
- Identify how culture and diversity affect suicide prevention