

# Mental Health

How a lack of education in schools can affect the what students know about mental health



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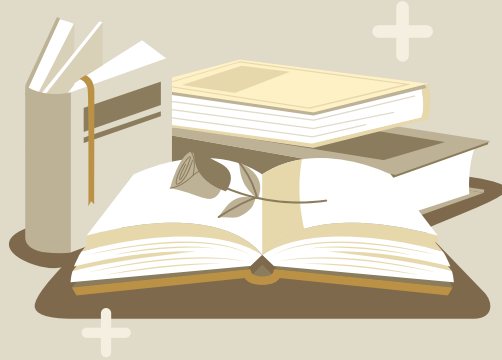
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# 01

## “The Issue” Section

Basic information about  
our advocacy issue

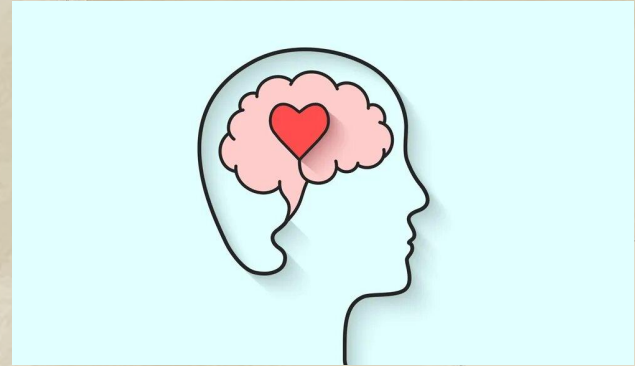


# Issue Section: Lack of Mental Health Education

Slogan : Great mental health, equals great mental wealth.

Goal Statement: Our goal is to help students have access to affordable yet quality mental help.

Names: Kendall, Delila, Henson, Sarah, Chloe, Silas, Jackson, and Dylan



<https://aliviohealth.com/why-mental-health-is-important/>

# Issue Section: Lack Of Mental Health Education (all sources for the facts on slide 13)

## Mental Health

There's a lack of education about mental health in schools. The root cause is that there's a lack of affordable yet high quality resources about mental health.

1. Mental Health delays & disrupts in developing age-appropriate thinking, behaving, and social skills.
2. It affects the way they learn & handle their emotions.
3. It makes it hard for students to get school work done or study (at all).
4. It could also make them miss parts of school.
5. The risk of suicide among students with untreated mental health issues, like depression, ranges from 2.2-15%.



# Take Action

Ways for others, like you,  
to “take action”.



# Ways for others to Take Action

## Option #1

Talk with people you know that deal with mental issues.

02

+

02

## Option #3

If you don't have time but money, donate some to organizations trying to help people.

## Option #2

Promote and advocate for people who are trying to educate.

02

+

02

## Option #4

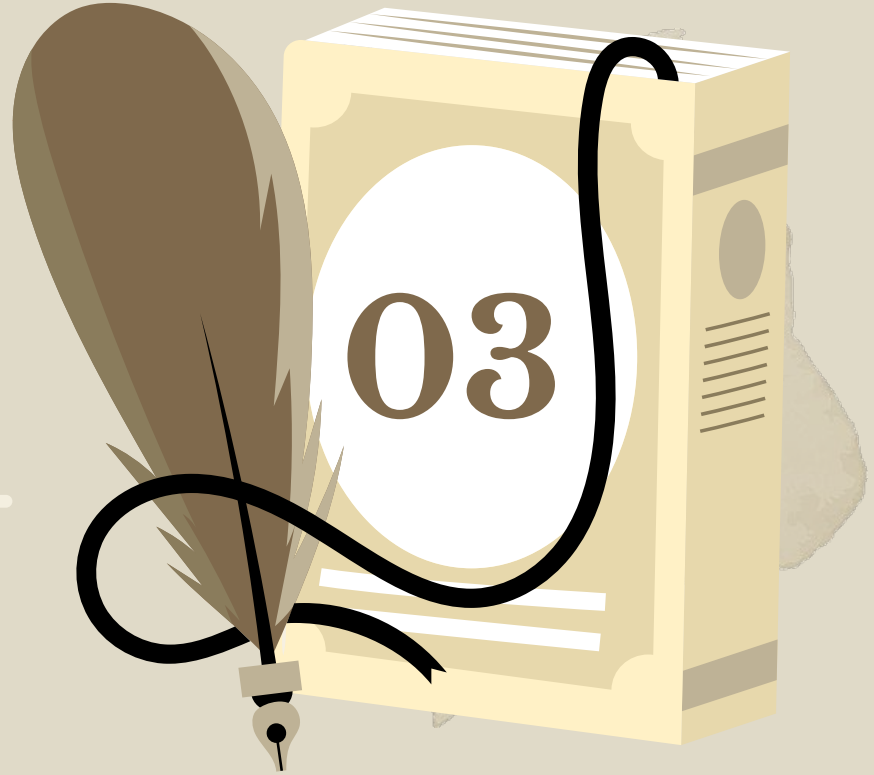
Promote correct information to disprove misinformation and negative stereotypes.

+



# What We Learned

What each group member  
learned



# “What We Learned” Section



## Kendall

“What I learned was, that, a lot of students just lack basic access to help.”

## Jackson

“Mental health is very important and it shouldn't be stereotyped.”

## Silas

I learned that it's fun to learn about community issue

01

## Henson

“I learned that around 15% of children suffer from mental health issues.”

02

## Delila

“I learned that there are so many websites mental health but, not as many organizations that teach about it.”

03

## Sarah

“I learned that when we work hard, together, we can do anything.”

# + “What We Learned” Section



**Chloe**

“I learned that there are so many problems that needs to be fixed.”



**Dylan**

“I learned that there are more people that aren’t educated on mental health than I thought.”





04

# Resources

Our resources for our  
issue section and  
advocacy issue

# “Resources” Section



## Source 1

“Anxiety Disorders Factsheet (for Schools) (for Parents) - Nemours Kidshealth.” Edited by Shirin Hasan, KidsHealth, June 2023, [kidshealth.org/en/parents/anxiety-factsheet.html#:~:text=Left%20untreated%2C%20anxiety%20disorders%20can,they%20may%20avoid%20school%20altogether.](https://kidshealth.org/en/parents/anxiety-factsheet.html#:~:text=Left%20untreated%2C%20anxiety%20disorders%20can,they%20may%20avoid%20school%20altogether.)



## Source 2

[www.cdc.gov/childrensmentalhealth/basics.html#:~:text=Mental%20disorders%20among%20children%20are,worries%20or%20display%20disruptive%20behaviors.](https://www.cdc.gov/childrensmentalhealth/basics.html#:~:text=Mental%20disorders%20among%20children%20are,worries%20or%20display%20disruptive%20behaviors.)



## Source 3

“Depression and Suicide Prevention.” Centre for Suicide Prevention, 1 Sept. 2022, [www.suicideinfo.ca/local\\_resource/depression-suicide-prevention/#:~:text=Lifetime%20risk%20of%20suicide%20among%20at%20least%2050%25%20of%20all%20suicides.](https://www.suicideinfo.ca/local_resource/depression-suicide-prevention/#:~:text=Lifetime%20risk%20of%20suicide%20among%20at%20least%2050%25%20of%20all%20suicides.)



## Source 4

“Worried about Your Child’s Mental Health?” Mayo Clinic, 2 Mar. 2022, [www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577.](https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577.)

# “About Us’ Section



## Names

The group consist of, Kendall, Delila, Chloe, Sarah, Henson, Silas, Jackson, and Dylan.



## Group Name

Our Group is called the Democratic Triangles.

## Fun Facts

It took us 10 minutes to come up with our group name because we couldn't come to agreement

## Reason For Group Issue

We chose this issue because we found out this issue does not have a lot of people & resource talking about this. So, it made us feel like we could try to bring this topic into the light thus this issue could be addressed in the educational standpoint. More help could be provided on understanding and trying to help people with this concern.

