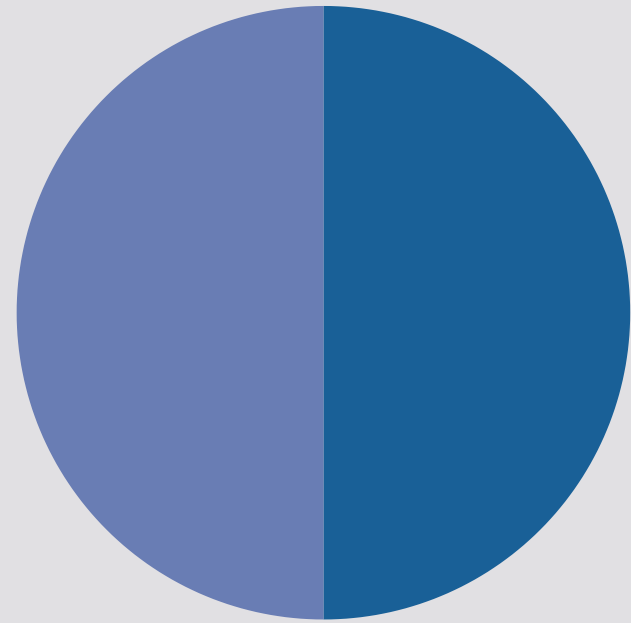


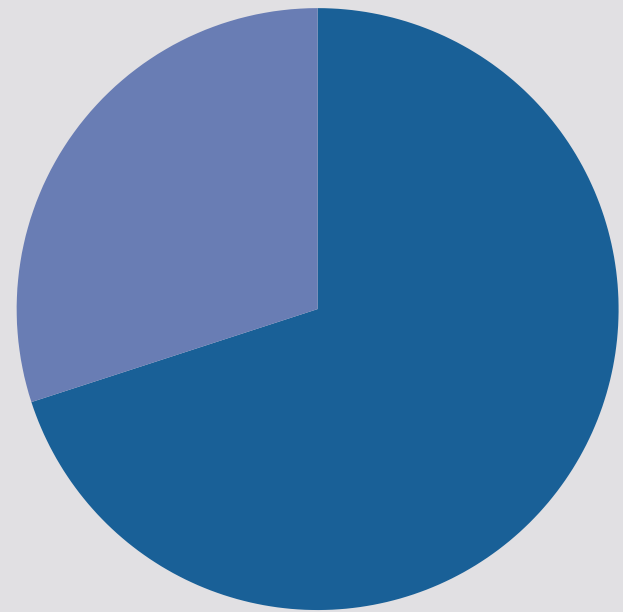
BE AWARE.

BE THERE.





**50%** OF  
ADOLESCENTS  
HAVE STRUGGLED  
WITH A MENTAL  
HEALTH DISORDER



**70%** OF  
ADOLESCENTS  
WITH MENTAL  
HEALTH PROBLEMS  
HAVE NOT  
RECEIVED HELP

---

GENERAL

OUR WHY

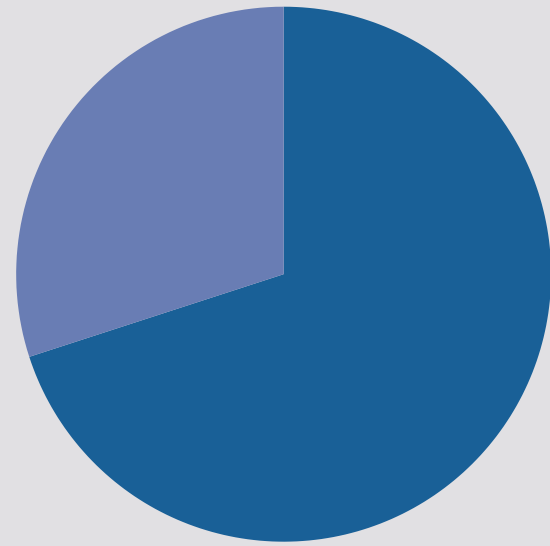
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IN SCHOOL

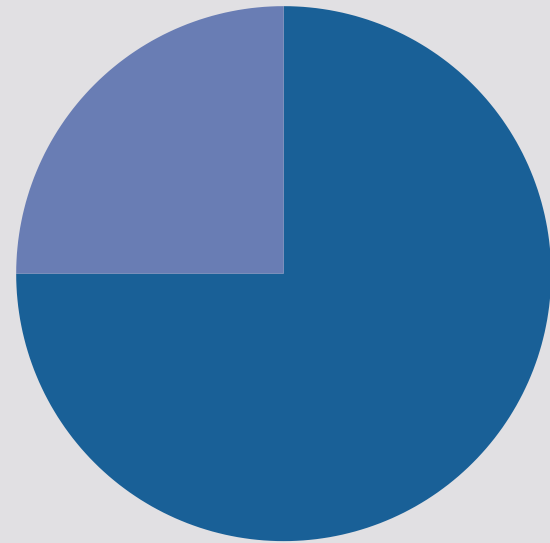
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# OUR WHY

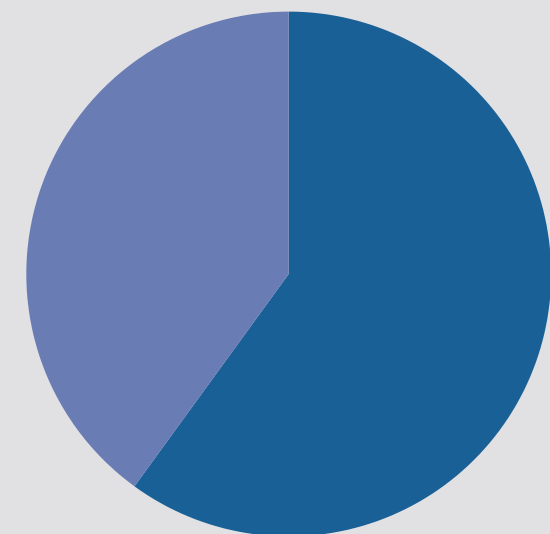
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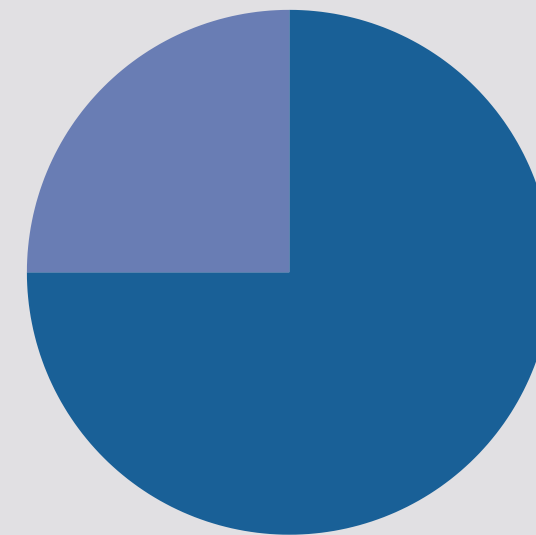
**70%** OF STUDENTS EXPERIENCE POOR / SOMEWHAT POOR MENTAL HEALTH



**75%** OF STUDENTS' MENTAL STATE AFFECTS THEIR RELATIONSHIPS AND ABILITY TO GET WORK DONE



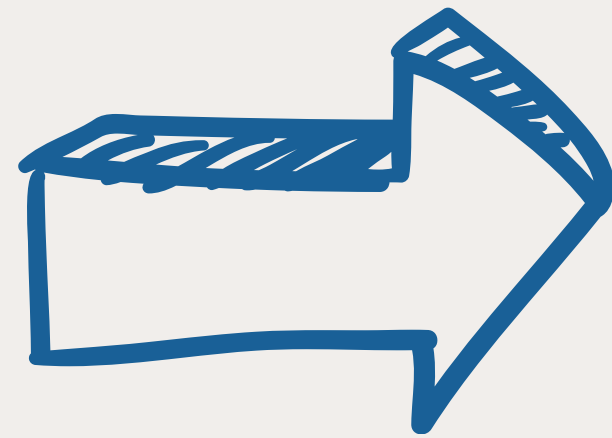
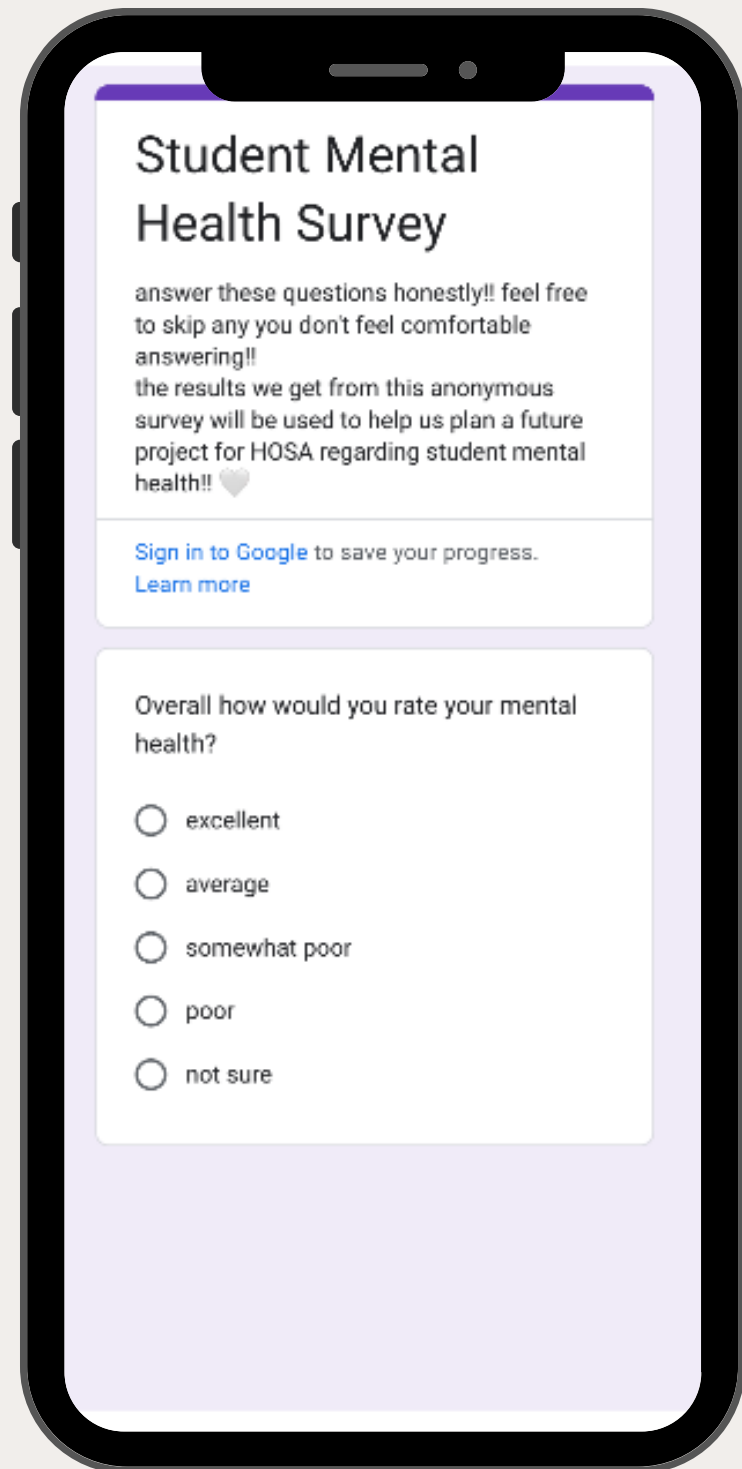
**60%** OF STUDENTS FEEL UNCOMFORTABLE ASKING FOR HELP



**75%** OF STUDENTS HAVE NEVER SEEN A THERAPIST



# PROTECTIVE FACTORS



EXERCISE  
AND  
NUTRITION

COMMUNITY  
ENGAGEMENT

FRIENDS,  
FAMILY,  
ETC

COMFORT  
AND  
SAFETY

SELF  
CARE



# GOLDEN RULES

---

FROM THE BE  
THERE  
CERTIFICATE  
TRAINING  
COURSE

SAY  
WHAT  
YOU SEE

SHOW  
YOU  
CARE

HEAR  
THEM  
OUT

KNOW  
YOUR  
ROLE

CONNECT  
TO HELP

# 1. SAY WHAT YOU SEE

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## 9 TOXIC SITUATIONS TO GET YOURSELF OUT OF

A doctor disregarding your feelings or concerns	Feeling emotionally and physically drained after hanging out with a certain person	Someone pushing you to open up about your struggles
Feeling the need to numb your emotions with material factors	Being discriminated against for various socio-demographic factors	When seeking help, they compare your struggles to theirs
Your schedule leaving no time for occasional self care	A person you're talking to lowers your self-esteem	Someone in your life physically hurting you



 schsmentalhealthawareness ...

## BEING PRODUCTIVE CAN ALSO LOOK LIKE...

1. GETTING OUT OF BED
2. SPENDING TIME WITH LOVED ONES
3. RECOVERING FROM A SICKNESS
4. SLEEPING
5. HAVING QUALITY ALONE TIME
6. EATING YOUR FAVORITE FOOD
7. DOING SOMETHING THAT MAKES YOU HAPPY
8. TAKING A SHOWER
9. READING A BOOK
10. ALLOWING YOURSELF TO REST



 schsmentalhealthawareness ...

## Why Should We Exercise?

Regular exercise makes the supply of oxygen and nutrients in the body's tissues increase, promotes the activity of our cardiovascular system, and improves our mood.

### Fun activities to get in physical movement!

**Walking or jogging**  **Dancing**  **Shopping** 

**Riding a bike with friends**  



 schsmentalhealthawareness ...

How can I create a healthy mind? 🔍

## Brain Chemicals!

How to hack them...

<b>Dopamine</b> <chem>CC(N)Cc1ccc(O)c(O)c1</chem>	• pleasure • satisfaction • motivation	• try something new • listen to music • make a small list of tasks and complete them
<b>Serotonin</b> <chem>CC(N)Cc1ccc(O)c(O)c1</chem>	• attention • behavior • mood	• get some sunlight • exercise • eat a balanced diet • meditate
<b>Oxytocin</b> <chem>CC(N)Cc1ccc(O)c(O)c1</chem>	• anti-stress • love • growth	• do something nice for someone • spend time with friends • show affection
<b>Endorphins</b> <chem>CC(N)Cc1ccc(O)c(O)c1</chem>	• happiness • healing • confidence	• do something creative • do yoga / meditation • laugh • exercise regularly





# 2. SHOW YOU CARE





# 3. HEAR THEM OUT

please take a moment to answer the following two questions to give us a better sense of how to improve upon our project!

(since following our page)

HAVE YOU LEARNED MORE ABOUT MENTAL HEALTH?



(relating to mental health)

DO YOU FEEL YOU NOW KNOW MORE RESOURCES?



Today's Mental Health Challenge: make studying more reasonable/enjoyable

- study with friends



- find a nice environment to work in (library, park, etc)

- take breaks



- have your favorite snacks on hand

- set a reward for yourself after completing a set amount of work, so you have something to look forward to!

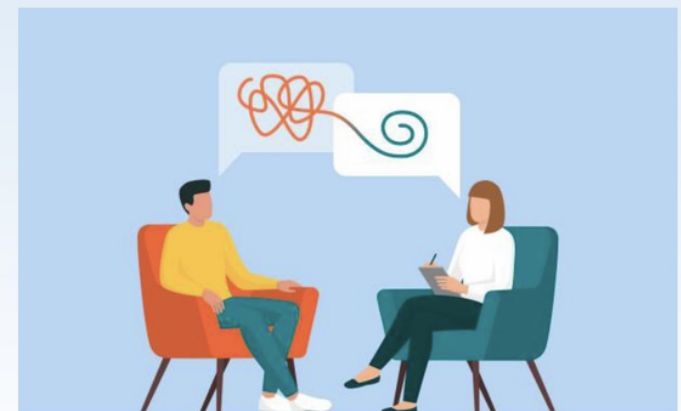


Today's Mental Health Challenge: try to go to bed at least 30 minutes earlier than normal

Getting sleep is another very important factor in maintains good mental health! Start building the habit of sleeping more by challenging yourself to get into bed a little earlier than usual. Start small and work your way up!

Today's Mental Health Challenge: share what's going on in your life

Either open about your struggles to someone you trust, or use our anonymous google form in our bio to do the same thing! Being honest to yourself and others around you is a crucial step in bettering your mental health.





# 4. KNOW YOUR ROLE

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## GET INVOLVED

"It's a great and supportive community where all are welcome and it serves as a nice escape from the stresses of school and daily life." - Aspiring Filmmakers Club

I love having a positive, caring, and supportive group of people to go to every week. Being able to help others is also a super rewarding experience and makes me happy! - Care Club

It's given me a fun and collaborative space to interact with people who are passionate about the same things as me. It's great to have a supportive community I know I can go to every week! - History Club

Volunteering truly creates connections between people that normally don't get a chance to communicate with each other. Focusing on someone other than yourself has this weird way of interrupting stress and I always feel more uplifted after doing something community-oriented. - Interact Club

Art allows me and many people to express emotion, provides an outlet for stress. Also, I enjoy expressing my creative side as it gives me a hobby and allows me to explore different areas of myself. - Art Club

DECA has truly brought together some of the most unique individuals from our school. Everyone has such different personalities and perspectives, who inspire and motivate me to be the best version of myself. - DECA

It's really nice having a place to go every week where I can talk to and connect with people who have similar goals and interests as I do. I love being able to spend some time focusing on and getting excited for my future, instead of stressing over the present. - HOSA

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## clean your feed

How do the posts you see make you feel?

- Wahey! Keep it coming
- Bored? Worth your time?
- Angry. Probably unfollow
- Speechless... Good way or bad?
- Inspired :) Share the love
- Negative :( Nobody needs thi

**SOCIAL MEDIA IS NOT A DETRIMENTAL TO MENTAL HEALTH?**

**TELL ME MORE ABOUT HOW EASILY PEOPLE CAN COMMENT WHATEVER THEY WANT ON THAT PICTURE YOU JUST POSTED...**

reminder to only follow accounts that make your feed positive, not ones that promote unreachable or unrealistic goals.

and don't forget it's okay to take breaks of a step back when needed!

reminder that helping someone deal with their mental health isn't as simple as saying something like this. keep following along with our account to get a better idea of how to help out a friend you know or think is suffering!

When you suffer from depression and somebody tells you to just cheer up..

My goodness, what an idea. Why didn't I think of that?

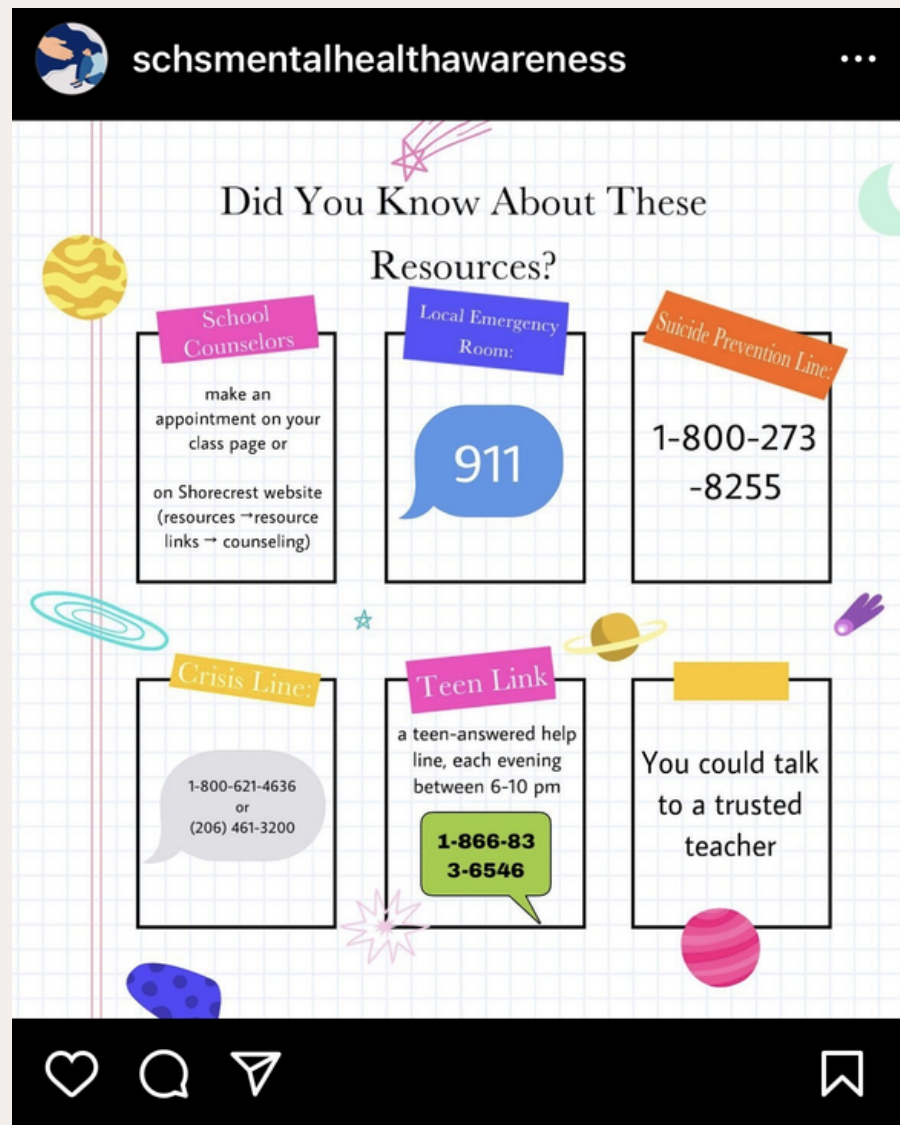


# 5. CONNECT TO HELP

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### Did You Know About These Resources?

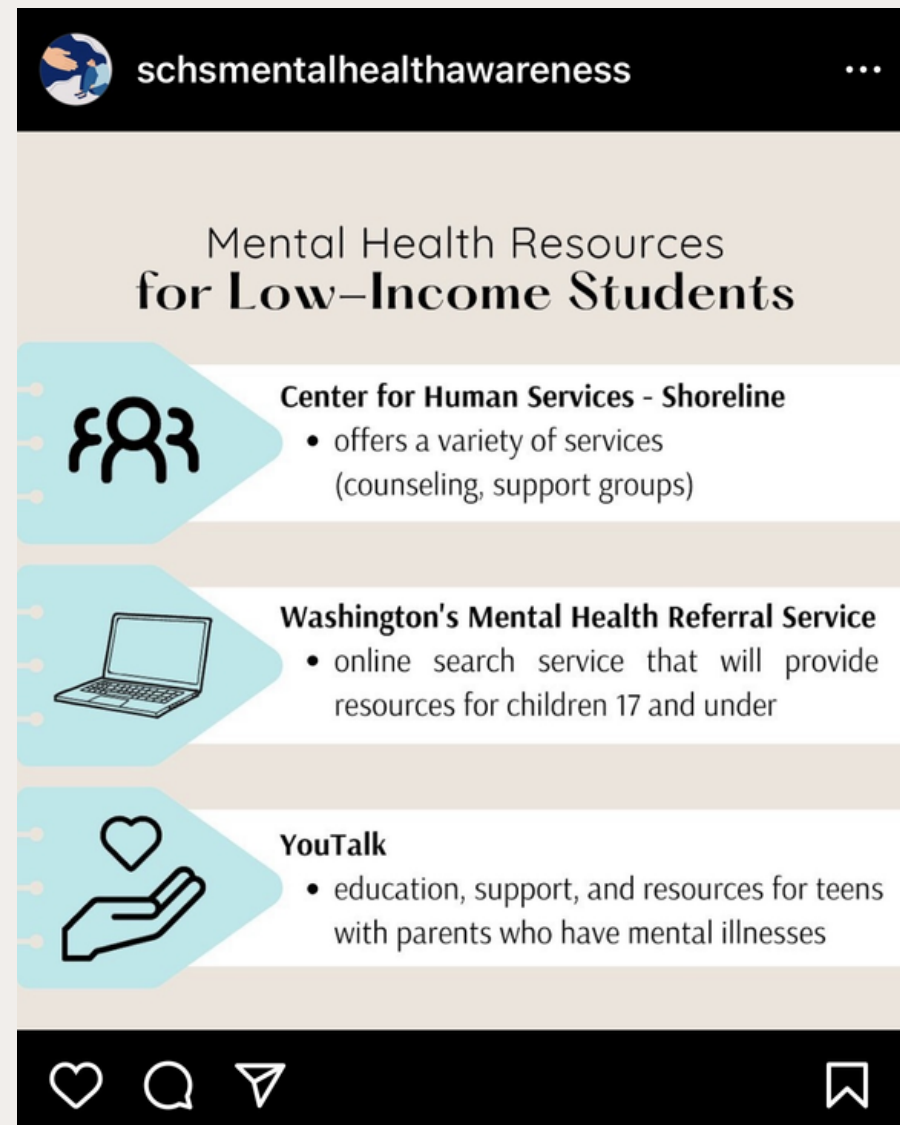
- School Counselors**  
make an appointment on your class page or on Shorecrest website (resources → resource links → counseling)
- Local Emergency Room:**  
911
- Suicide Prevention Line:**  
1-800-273-8255
- Crisis Line:**  
1-800-621-4636 or (206) 461-3200
- Teen Link:**  
a teen-answered help line, each evening between 6-10 pm  
1-866-83-3-6546
- You could talk to a trusted teacher



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### Mental Health Resources for Low-Income Students

- Center for Human Services - Shoreline**
  - offers a variety of services (counseling, support groups)
- Washington's Mental Health Referral Service**
  - online search service that will provide resources for children 17 and under
- YouTalk**
  - education, support, and resources for teens with parents who have mental illnesses



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### Tips for Talking About Mental Health

WHEN YOU ARE STRUGGLING

- Start Journaling
- Talk to someone you don't know
- Write a letter
- Talk to a mirror

Always remember you will probably feel relieved after

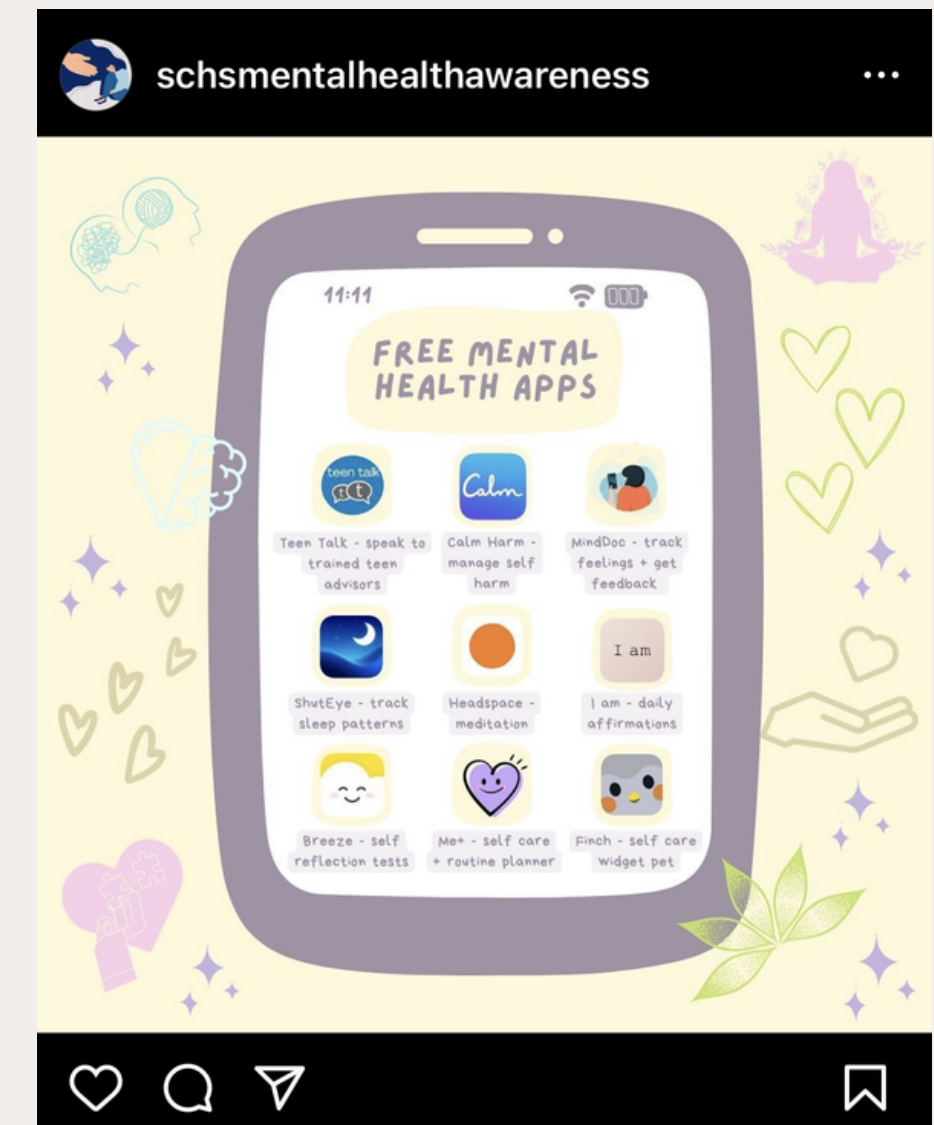
#YOUGOTTHIS



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### FREE MENTAL HEALTH APPS

- Teen Talk - speak to trained teen advisors
- Calm Harm - manage self-harm
- MindDoc - track feelings + get feedback
- ShutEye - track sleep patterns
- Headspace - meditation
- I am - daily affirmations
- Breeze - self-reflection tests
- Me+ - self-care + routine planner
- Finch - self-care widget pet





A smiling woman with dark hair, wearing a dark blue police uniform. The letters 'MHP' are visible on her chest. The background is a blurred outdoor setting with yellow and grey structures.

MENTAL  
HEALTH  
CONSULTANT

SUSIE KROLL

# TIMELINE

OCT - FEB



## OCTOBER

- assembled team
- began planning

## NOVEMBER

- personal research
- Be There certificate
- regular team meetings

## DECEMBER

- consultation with mental health professional
- student survey
- started creating posts and schedule

## JANUARY

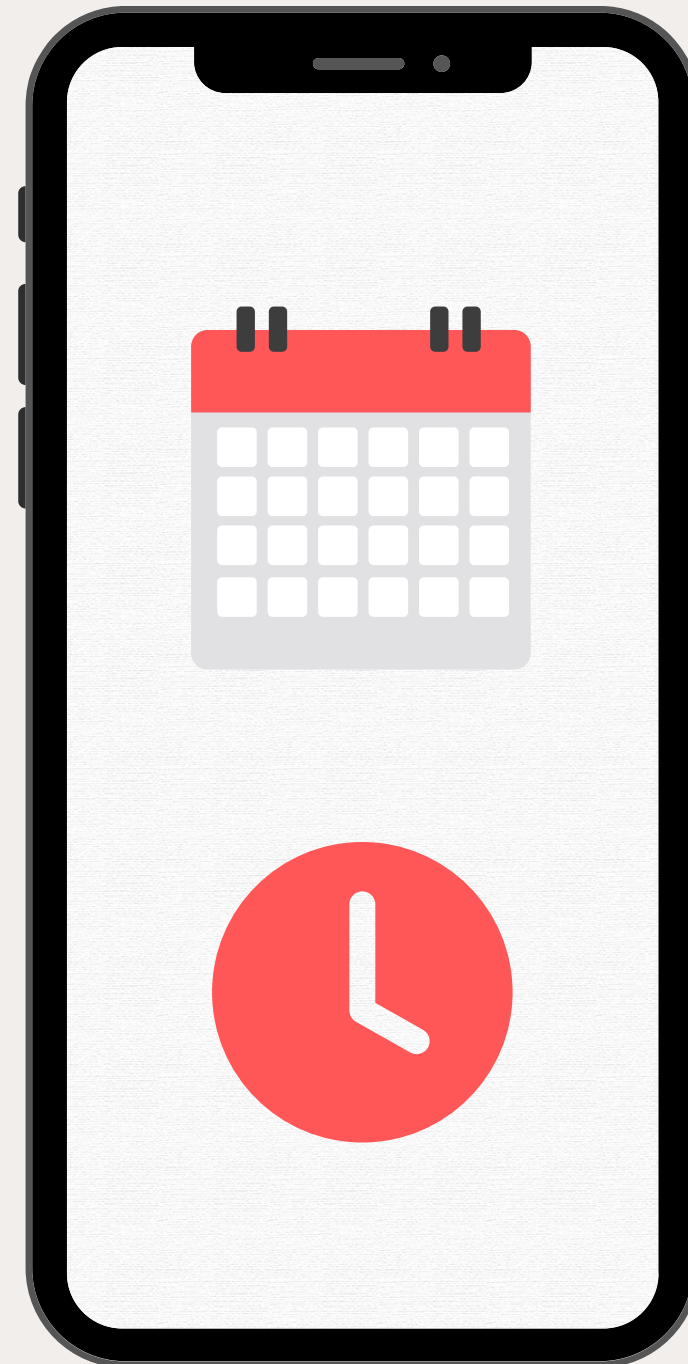
- commenced campaign
- recognized by Shoreline PTA Mental Health Committee

## FEBRUARY

- ended campaign
- multiple meetings with Shoreline PTA



# METHODS



# INTERACTIVE PIECES

New Year's Resolutions

hold yourself accountable for your goals by sharing them here anonymously!!

[Sign in to Google](#) to save your progress. [Learn more](#)

write as many goals as you'd like here :)

Your answer

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

This form was created inside of Shoreline School District. [Report Abuse](#)

Google Forms

how are you doing?

use this space to anonymously say anything that's been on your mind or going on in your life, that you'd like to share with someone 🗨️

[Sign in to Google](#) to save your progress. [Learn more](#)

do you want us to share (anonymously) what you write on our instagram, in case someone else is going through a similar thing?

yes

no

how are you doing?

Your answer

[Submit](#) [Clear form](#)

Never submit passwords through Google Forms.

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Google Forms

[schsmentalhealthawareness](#)

All art forms are accepted (painting, music, video, poetry, etc). Top winners will receive a **prize**. Judging and voting will commence in February. Show us what **mental health** means to you!

**ART CONTEST**

Theme: THRIVE

**SUBMIT TO LINK IN BIO!**

Submissions accepted until **January 31st at midnight!**

**MENTAL HEALTH AWARENESS**

Instagram navigation icons: heart, comment, share, bookmark.

[shorecresthosa](#)

STUDENT MENTAL HEALTH SURVEY

Student Mental Health Survey

answer these questions honestly!! feel free to skip any you don't feel comfortable answering!  
the results we get from this anonymous survey will be used to help us plan a future project for HOSA regarding student mental health!!

(not shared) Switch account

Overall how would you rate your mental health?

excellent

average

somewhat poor

[LINK IN BIO](#)

Instagram navigation icons: heart, comment, share, bookmark.

# NEXT STEPS IN POLICY

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CHANGES IN  
DISTRICT  
MENTAL  
HEALTH  
INITIATIVES AS  
A RESULT OF  
OUR CAMPAIGN

EXPAND  
STUDENT  
EDUCATION  
AND  
AWARENESS

MENTAL  
HEALTH  
TRAINING  
GIVEN TO  
TEACHERS

INCREASE  
NUMBER OF  
THERAPISTS



# NEXT STEPS FOR US

**schsmentalhealthawareness**

## Eating Disorder Resources

### NEDA WEEK



**NEDA Helpline**  
(800) 931-2237  
call/text, online chat  
Monday-Friday



**Project Heal**  
provides various levels of  
treatment/support  
regardless of any  
prohibitive barriers



**ANAD**  
many free support options  
helpline  
call (888) 375-7767



**Eating Disorder Hope**  
education, informational  
blogs, recovery tips, support  
groups, online events



**F.E.A.S.T.**  
support and education for  
parents of kids/teens  
struggling with an ED

#NEDAwEEK

**schsmentalhealthawareness**

### potentially triggering conversation

- ✗ Making any comment about body size or weight, even if you think it is a compliment
- ✗ Mentioning of skipping meals or having not eaten all day
- ✗ Talk of calories, dieting, exercise, etc
- ✗ Saying they don't look sick / look so much healthier

### positive conversation

- ✓ Discuss food without using good / bad labels
- ✓ Offer to do something together, as having company when facing fear foods can be very helpful
- ✓ Expressing how you might not understand but will always be there for them

#NEDAwEEK

**schsmentalhealthawareness**

## Ehlers-Danlos Syndrome



### What is it?

- genetic connective tissue disorder
- various sub-types
- characterized by joint instability, skin fragility, blood vessel irregularity, chronic pain, etc

### How does it relate to mental health?

- some studies show 70% also suffer from an anxiety disorder (including eating disorders, OCD, etc)
- chronic pain has been proved to worsen symptoms

**schsmentalhealthawareness**

## Fibro-myalgia



### What is it?

- chronic pain disorder
- heightened sensibility to pain
- characterized by fatigue and trouble sleeping
- poorly researched

### How does it relate to mental health?

- are 3 times more likely to have depression
- suicide has a higher death rate in patients than the complications of their disease
- negatively impacts cognitive performance

An illustration of a person in a blue suit sitting on a white bench. A large, stylized hand in orange and blue reaches out from the left side of the frame. The background is a mix of dark blue and light grey.

BE AWARE.

BE THERE.

THANK YOU!