our minds matter

Mental Health Awareness Month 2022

Club Guide

Table of Contents

Overview 3

Activity Suggestions 4

Mental Health Action Day & Advocacy 6

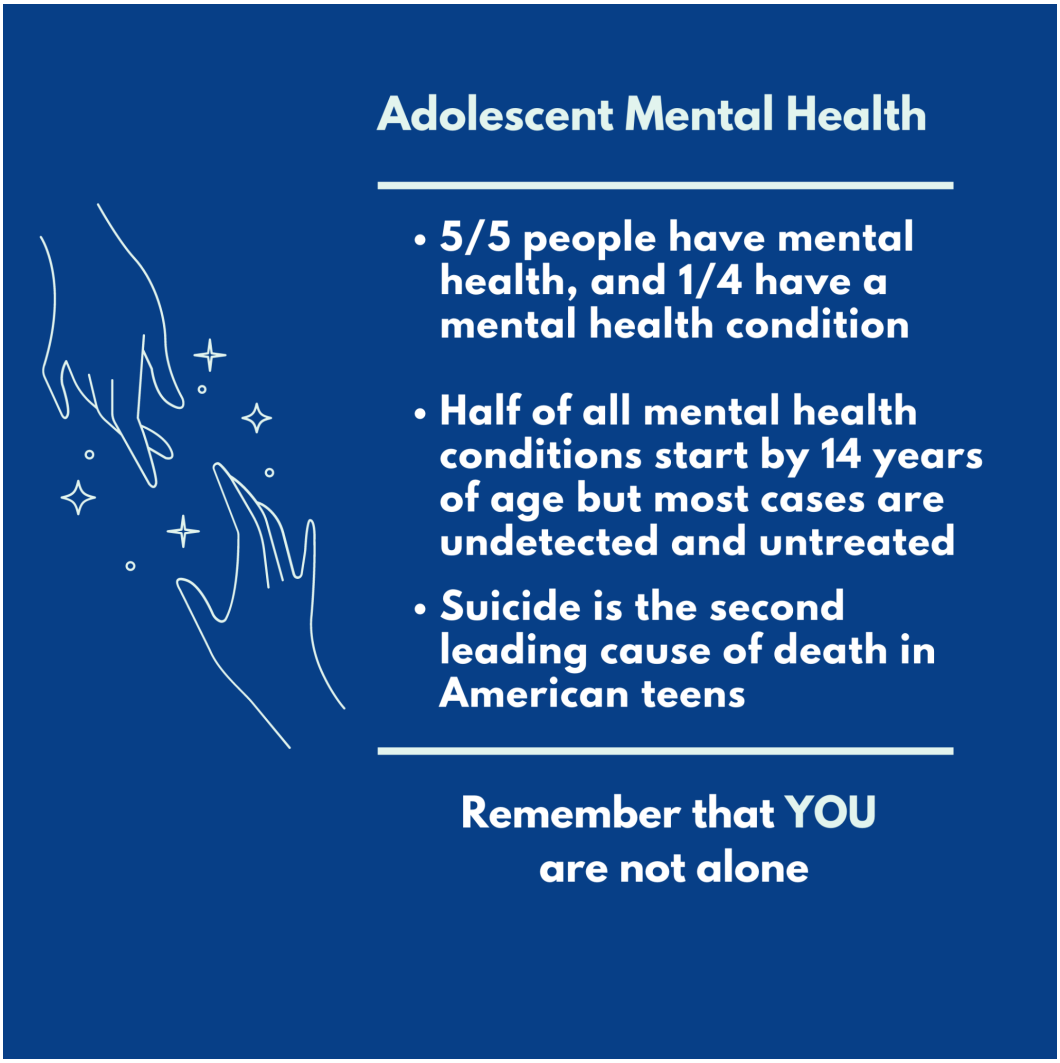
- Get Involved with the Sunrise Movement 7
- Volunteer with the Black Mental Health Alliance 7
- Engage with the Human Rights Campaign 7
- Become an even better friend with the Be There Certificate 8

Resources 8

- For Crisis 8
- For Climate Anxiety 8
- For LGBTQ+ Mental Health 8
- For Black & POC Mental Health 9
- For Everyone 9

Overview

Our Minds Matter is working toward the day where no teen dies by suicide, and we are doing so by changing the school culture around mental health. As OMM club leaders and members, you are not only a part of our mission, you ARE the mission. So for this year's Mental Health Awareness Month, take some time to reflect and be proud of all that you have done as a young mental health advocate–because regardless of how many meetings or events you held this year, **you are making a difference.** Then, take a look below for some activity suggestions, advocacy opportunities, and resources you can utilize throughout the month of May. You are already taking action for mental health every day, so let's celebrate and amplify that this month!



Activity Suggestions

Check out some of OMM's favorite mental health activities, categorized by our four outcomes. Click the link on each activity title to read the full instructions.

encourage self-care & healthy habits

Leaky Faucet- Explore & understand triggers for anxiety ***NEW***

Yoga for Bed- Review yoga poses that help with sleep

Mindfulness Tracks- Meditation recordings from our partners at Evolving Minds ***NEW***

Perspective via Instagram- How IG influences our perception

Safer Choices with Substances- Play a game while learning how to make safer choices for yourself & your friends around drugs & alcohol ***NEW***

Healthy Relationships- Explore the difference between healthy & unhealthy relationships

Gratitude Jars- Engage your school in practicing gratitude

Just Because Poems- Break down stereotypes with poetry ***Highlight***

promote social connectedness

increase prosocial behaviors

Gender Euphoria- Explore concepts of gender & create a more inclusive space

Operation Beautiful- Post encouraging notes around your school

Kindness Challenges- Complete at least one challenge this month to make someone's day a little brighter

Resource Scavenger Hunt- Learn about resources & trusted adults in your school

Instructions for a Bad Day- Learn how to admit you're not okay & how to cope

Crisis Text Line Resources- Share out these graphics on your social media or around your school to make sure anyone in crisis knows where to turn. **Text "MIND" to 741741.**

increase help-seeking behavior

*Only have time for one activity this month and don't know what to choose? Try out one of our all-time favorites, **Just Because Poems**. You can check out **this video** for inspiration. If your club does choose this activity, send pictures and videos to program@ourmindsmatter.org so we can show you off!*

Mental Health Action Day & Advocacy

Mental Health Action Day is May 19th, and while you are already taking action for mental health every day by being a part of OMM, there are ways to expand your work.

One aspect of mental health that is sometimes overlooked is advocacy and prosocial behavior. This means that you are working for something larger than yourself that will benefit others. Mental health is not just an individual issue, because we are all impacted greatly by the society we live in.

To truly center mental health, we must work to make sure EVERYONE has the resources and support they need to be well and thrive. Doing this work can also improve our own mental health as well, because it can give us a sense of purpose and empowerment. Advocacy can feel overwhelming at first–how do you know where to start? Well, check out these guided opportunities below to see what resonates with you and take action this Mental Health Action Day!

Get Involved with the Sunrise Movement

Climate anxiety is on the rise for young people. It can feel scary and hopeless to witness the effects of the climate crisis, but you are not powerless. Check out the Sunrise Movement, a youth movement to stop climate change, and take action to combat both climate change AND climate anxiety!

Volunteer with the Black Mental Health Alliance

Racial justice cannot be separated from the mental health movement, and supporting Black mental health is an important pillar of advocacy. Peruse the virtual and in-person volunteer opportunities with the Black Mental Health Alliance (BMHA), located in Baltimore, MD. The BMHA develops and promotes services that support the health and wellbeing of Black people and their communities. Take action for Black mental health this May!

Engage with the Human Rights Campaign

The Human Rights Campaign (HRC) envisions a world where every member of the LGBTQ+ family has the freedom to live their truth without fear, and with equality under the law. With LGBTQ+ youth coming under new legislative attacks recently, it's important that we all advocate for LGBTQ+ rights and wellbeing. Take action by engaging in one of HRC's many events this May and beyond–remember, June is Pride Month and Pride was born from activism!

Become an even better friend with the Be There Certificate

Learn to support someone struggling with their mental health through this online course created by Jack.org in partnership with Born This Way Foundation. This is a free, self-paced course that will help you gain confidence in your ability to be there for a friend, sibling, roommate, or peer who might be struggling. Take action and Be There!

Resources

For Crisis

Text "Mind" to 741741

National Suicide Prevention Lifeline

- 1-800-273-8255

LGBTQ Crisis Hotline from the Trevor Project

- 1-866-488-7386

Hopeline

- Call 1-800-Suicida for Spanish speakers
- Call 1-877-YOUTHLINE for teen-to-teen counseling

For Climate Anxiety

https://www.climatementalhealth.net/
https://queerbrownvegan.com/
https://gimletmedia.com/shows/howtosaveaplanet

For LGBTQ+ Mental Health

https://www.thetrevorproject.org/
https://itgetsbetter.org/

For Black & POC Mental Health

https://therapyforblackgirls.com/
https://therapyforblackmen.org/
https://www.safeblackspace.org/
https://www.inclusivetherapists.com/

For Everyone

https://www.psychologytoday.com/us/therapists
https://startyourrecovery.org/who/teens
https://www.nationaleatingdisorders.org/help-support/contact-helpline
https://thisismybrave.org/
https://www.headspace.com/
https://my.happify.com/