

We're Here

**our minds
matter**

How can you let students know you're
a safe person to talk to about mental health?

What is an Our Minds Matter Club?

Our Minds Matter (OMM) is a non-profit organization working toward the day when no teen dies by suicide, and our school is a part of that mission! Our school's OMM club is working to change the culture around mental health and make our school a safer & more uplifting place for everyone.

What is the We're Here Campaign?

Students are often told to ask an adult for help when they're struggling with their mental health. Asking for help is always hard, but it can be even harder if folks don't know which adults they can turn to. Providing staff an easy, visible way to signal to students that they're a safe person to talk to about mental health can help remove that barrier.

That's why we're asking you to make a commitment to being a safe person for students to come to when they're struggling by displaying the sticker that we'll provide for you on your door.

What responsibilities am I taking on if I display a sticker?

By agreeing to display a sticker, you're committing to be there for a student who is struggling with their mental health and comes to you about it. This means that you will listen without judgment and show validation and care for their feelings, and help them access more support. If you want to be better prepared for this, complete the [Be There Certificate!](#)

But don't worry- this does NOT mean that you should try to fix their problem or act as a therapist! Follow the school protocol for referring a student to the counseling office and offer to go with the student if you can so it feels less scary. And check in with them afterward so they know you really care (:

I'm in! How do I get a sticker?

Let us know you're in so we can add you to the list! Here's some more details:

Date stickers will be distributed:

Date stickers will be announced school-wide:

Questions? Want to let us know you're in?

Email us at:



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