



*Let's talk about it...*

## Mental Health and Wellness 101

Mental Health and Wellness 101 is an hour long presentation developed for schools, families and the community. The goal of the presentation is to reframe the conversation about mental health to an understanding that we ALL have mental health; it is not just the presence or absence of an illness. Our discussion will include:

- An understanding of mental health as an integral part of overall health and a continuum of wellness.
- A brief overview of prevalence of youth mental health problems.
- The effects of mental illness on learning and student behaviors.
- Signs and symptoms, and risk and protective factors.
- The promotion of coping strategies, help-seeking behaviors and the concept of recovery.

*Schedule a presentation for school district staff  
or community event TODAY!*

*Contact [schools@mhanys.org](mailto:schools@mhanys.org)*

To learn more about mental health education, visit the School Mental Health Resource and Training Center at [www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org) or call **518.434.0439**

