



Suite360

Mental Health Awareness

2023-2024



Navigate**360**

Building safer tomorrows.

Suite360

Mental Health Awareness

The COVID-19 pandemic exacerbated the significant and complex mental health challenges our students were already dealing with. Now more than ever, schools need solutions to address the rise in stress, anxiety, depression, self-harm and other mental health issues our students face.

Schools play an integral part in reducing the stigma surrounding mental illness as well as preventing, identifying and helping to address mental health challenges in students. According to the National Academy for State Health Policy, 17 states currently have mental health awareness requirements for students and teachers, and several others have legislation pending. Navigate360 Mental Health Awareness gives K-12 schools and teachers a way to meet state mandates while also providing developmentally appropriate resources to reduce the stigma and raise awareness of mental health issues.

Key Mental Health Data Points

61%
of teens are now **thinking more about their physical and social-emotional safety.**⁴

97%
Increase in **mental health claims** for 13-18 year-olds in 2020.⁴

49%
Less than half of teens **believe their school is doing its best** to create an atmosphere of physical, social and emotional safety.¹

>50%
More than half of 11-17 year-olds reported having **thoughts of suicide or self-harm** (Sept 2020).³

48%
About half of teens continue to say they **feel less connected** to their friends than usual. Similarly, **40% feel more lonely** than usual.²

Sources

- ¹ Navigate360 | Zogby Safety & Wellbeing Poll
- ² Common Sense Media | Survey Monkey Poll
- ³ Mental Health America, 2021 Key Findings
- ⁴ The Impact of COVID-19 on Pediatric Mental Health, FAIR Health, Inc

INTERNAL USE ONLY. NOT FOR DISTRIBUTION. © 2020 NAVIGATE360, LLC. All rights reserved.

The Mental Health Awareness library includes more than 150 lessons and comprises approximately six hours of total instruction. Your subscription also includes a complementary elective library with additional lessons that can be assigned to students as needed on topics such as the following:

Positive body image

Self-harm

Eating disorders

Human trafficking

Suicide prevention

Depression

Healthy relationships and dating violence prevention

Healthy lifestyles

Other Related Offerings

About half of all states require at least two hours of suicide prevention training for adults. To complement our Mental Health Awareness student library, our Suicide Awareness and Prevention e-learning course from Dr. Scott Poland helps educators learn to recognize the signs of self-harm and suicide and intervene on behalf of students in crisis. We also offer case management software.



To learn more, contact us at: info@Navigate360.com.

**If you or someone you know is
in mental health crisis,
call 988
anywhere, anytime for help.**

2023-2024 Mental Health Awareness Preset Curriculum Lesson Library

Grades K-5

LESSON	TITLE	DESCRIPTION
1	Mental Health Awareness	Students learn what mental health is and how they can take care of their minds and bodies.
2	Coping Tools	Students learn coping skills they can use when they experience strong thoughts, feelings or behaviors.
3	Online Safety	Students learn that there are dangerous or tricky people online who sometimes do bad things. They are taught specific steps they can take to protect themselves and their privacy online.
4	Kid Power	The Power to Stay Safe: Students learn that there are dangerous or tricky people who sometimes do things to hurt others. They are taught specific safety steps they can take to keep their minds and bodies safe.
5	Substance Abuse Prevention	Students learn about safe use of medication, including who it is safe to take medication from. Students learn that some drugs are not safe and what to do if they find or are offered drugs.

2023–2024 Mental Health Awareness Preset Curriculum Lesson Library continued

Grade 6

LESSON	TITLE	DESCRIPTION
1	#StopTheStigma	Students learn about some of the more common mental health conditions, how they are treated, and specific action steps they can take to prevent stigma.
2	Mental Health Awareness & Assistance	Students learn how to care for and talk about their mental health and how to seek help for themselves and others.
3	Healthy Coping Tools for Teens	Students learn about thinking traps and specific coping tools they can use, including coping with trauma, loss, sadness, anxiety and anger.
4	Awareness of Resources and the Process for Accessing Treatment	Students learn about mental health resources available to them and what to expect if they seek help for a mental health issue.
5	You Can HELP	Supporting Someone with a Mental Health Condition: Students learn strategies they can use to support someone with a mental health condition.
6	Prevention of Self-Harm & Suicide	Students learn the warning signs of self-harm and suicide and how they can seek help for themselves or others if needed.
7	Prevention of Substance Misuse	In this lesson, students will learn about the dangers of substance abuse, including alcohol, medication, and illegal drugs.
8	Human Trafficking Prevention	Students learn what trafficking is and common ways that traffickers groom their victims. Students are provided with steps they can take to protect themselves from this crime and information about how to seek help for themselves or others if needed.

2023–2024 Mental Health Awareness Preset Curriculum Lesson Library continued

Grades 7–12

LESSON	TITLE	DESCRIPTION
1	#StopTheStigma	The Truth About Mental Health Conditions: Students learn about some of the more common mental health conditions, how they are treated, and specific action steps they can take to prevent stigma.
2	Mental Health Awareness & Assistance	Students learn how to care for and talk about their mental health and how to seek help for themselves and others.
3	Healthy Coping Tools for Teens	Students learn about thinking traps and specific coping tools they can use, including coping with trauma, loss, sadness, anxiety and anger.
4	Awareness of Resources and the Process for Accessing Treatment	Students learn about mental health resources available to them and what to expect if they seek help for a mental health issue.
5	You Can HELP	Supporting Someone with a Mental Health Condition: Students learn strategies they can use to support someone with a mental health condition.
6	Prevention of Self-Harm & Suicide	Students learn the warning signs of self-harm and suicide and how they can seek help for themselves or others if needed.
7	Prevention of Substance Misuse	Students learn about the dangers of substance abuse, including the misuse of prescription and over-the-counter drugs.
8	Human Trafficking Prevention	Students learn what trafficking is and common ways that traffickers groom their victims. Students are provided with steps they can take to protect themselves from this crime and information about how to seek help for themselves or others if needed.

Additional Available Lessons

Elementary

- Coping Skills
- Coping Skills
- Full of Energy!
- I'm Feeling a Little Nervous
- Which Strategies Work to Manage My Stress?
- You Are Now Entering Stress Boulevard
- Mental Health
- What Is Mental Health?
- Safety
- Reporting vs. Tattling
- Rules to Protect Yourself
- Unsafe Touches Are Not OK
- Who Keeps Me Safe?

Middle School

- Coping Skills
- Assess Your Stress and Make a Plan
- Benefits of Practicing Mindfulness
- Healthy Ways to Cope with Stress
- Mini Vacation from Stress
- Stress and Anxiety
- Stress Management
- Stress Signals
- Stress Strategies You Can Use
- Using Mindfulness to Manage Stress
- Your Control Zone
- Healthy Living
- Catching Some Zzzzs
- Mental Health
- Dealing with Depression
- Difference Between Sadness and Depression
- PTSD Signs and Treatment
- Positive Body Image
- Positive Body Images and Realistic Expectations
- Yes, You Are Perfect the Way You Are!
- What Is an Eating Disorder?
- Self-Harm
- Dangers and Signs of Self-Harm
- The Dangers of Self-Injury
- What Is Self-Harm?
- Sexual Harassment & Assault
- Healthy Relationships
- Sexual Assault & Harassment: What You Need to Know
- The Truth About Abusive Relationships
- Suicide Awareness and Prevention
- Bullying and Suicide Prevention
- Thinking About Suicide Prevention
- Warning Signs of Suicide

***Trigger Warning: Some lessons may contain content that is sensitive for some students. Please preview content before assigning lessons to students and provide students with alternative content if a subject is sensitive.**

Additional Available Lessons continued

High School

- Coping Skills
- Don't Stress About Stress
- Navigating Stress Through Positive Self-Talk
- Practicing Mindfulness Techniques
- Human Trafficking
- Dangers of Human Trafficking
- Healthy Living
- Get Some Sleep!
- Making Sleep a Priority
- Health and Wellness for Life
- The Importance of Healthy Habits
- Mental Health
- Understanding Potential Signs of Depression
- Understanding Bipolar Disorder
- Positive Body Image
- Positive Body Image: What Are Realistic Expectations?
- Realistic and Positive Body Image
- How Do I Look? Creating a Positive Body Image
- Understanding Eating Disorders
- Self-Harm
- Don't Do It: Cutting & Self-Harm
- How to Self-Help, not Self-Harm
- Is There a Better Way? Cutting & Self-Harm
- Sexual Harassment & Assault
- When Your Date Doesn't Hear the Word "No": Sexual Assault and Date Rape
- Suicide Awareness and Prevention
- Protecting Yourself from Suicide
- Suicide Prevention
- Suicide Prevention During Times of Change
- Teenage Suicide
- Relationship Skills
- Am I Ready for a Relationship?
- Breaking Up Is Hard to Do
- Dangers of Abuse and Abusive Relationships

***Trigger Warning:** Some lessons may contain content that is sensitive for some students. Please preview content before assigning lessons to students and provide students with alternative content if a subject is sensitive.