

*Let's talk about it ...*

## Mental Health and Wellness 101



The Mental Health Association in NYS, Inc. is offering mental health professional development for schools, at no cost as part of NYS funding for the School Mental Health Resource and Training Center. *Mental Health and Wellness 101* presents an opportunity to reframe the about mental health to an understanding that we ALL have mental health; it is not just the presence or absence of an illness. It is recommended for all school staff. 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.

### **Why is this training important for schools?**

*Consider this:* the median time between the onset of mental health disorders (when symptoms first appear) and when an individual gets appropriate treatment is 10 years. In addition, half of all mental health disorders begin by the age of 14 and half of lifetime cases of anxiety begin by 8 years old. For students impacted by mental health disorders, education and early identification promotes wellness and recovery.

For more information or  
to schedule a Mental Health and Wellness 101 training,  
please 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**

