

Mental Health Awareness Month – May/2017 – Wahkiakum High School

Several Wahkiakum High School Clubs joined together with the support of [Wahkiakum Health and Human Services](#) to educate the student body about Mental Health from May 1st through May 5th.

As part of the awareness week, students were asked to dress in a different color each day:

- Monday: Green was worn to support depression and overall mental health
- Tuesday: Teal to support anxiety/panic/OCD
- Wednesday: Orange to support self-harm/ADHD
- Thursday: Purple to support eating disorders
- Friday: Rainbow to support all people and all mental illnesses

Students made awareness posters to hang in the hallways, read facts about mental health issues over the intercom and created a resource of support services to hand out. In addition, discussion groups were held in the library during Mule Success time. Students were invited to discuss and learn more about the mental health issue of the day. Our student health care advocates were there along with a mental health counselor to support students and answer questions.

The week ended with an assembly thanking everyone for supporting the week and introducing students to the counselors and services available in Wahkiakum County. Prizes were given away to all students who asked questions and some short video clips about young adults with mental illnesses were shared from the website called *Walk in Our Shoes*: <http://walkinourshoes.org/#/our-stories>

It was a very successful and educational week – a big thank-you goes to Jasmin Lindholm, Karla Gates, Wahkiakum Health and Human Services and our Wahkiakum students who made this all happen.

Mental Health is something many people either struggle with themselves or know a loved one who needs support. Awareness is an important part of prevention. Recently, there's been lots of discussion on social media about a popular Netflix series called *13 Reasons Why*.

Many agencies have provided resources to help viewers, the media, educators, and parents discuss the show. The [American Foundation for Suicide Prevention/AFSP](#) held a webinar in May/2017 titled, "A Teachable Moment Using *13 Reasons Why* to Initiate a Helpful Conversation about Suicide Prevention and Mental Health" – [click HERE to view this webinar](#).

Wahkiakum High School has been collecting a list of resources and action steps that may be useful to individuals, schools, parents, and those in the media. Here's what we've found so far – feel free to contact Stephanie Lietz, WHS Principal, if you have suggestions to add to this list.

For Viewers:

- [JED Foundation and SAVE: Talking Points](#)
- [2nd response from JED Foundation](#)

For Parents and Educators:

- [Forefront's \(out of UW\) Media Statement](#)
- [National Association of School Psychologists: Considerations for Educators](#)
- [Teen Line: Help for Parents and Educators](#)
- [Headspace's Guide](#) to talking with youth about the show (from Australia)

For the Media:

- [Forefront's \(out of UW\) Media Statement](#)
- [IASP: Preventing Suicide – A Resource for Media Professionals](#)
- [ReportingOnSuicide.org](#) [National Action Alliance for Suicide Prevention's Framework for Successful Messaging](#)
- [SPRC's Safe and Effective Messaging Guidelines](#)
- [Ohio Suicide Reporting Guidelines](#)
- [The Carter Center's Journalism Resource Guide on Behavioral Health](#)