



Step Forward for Mental Health Walk 2017

Saturday, August 12
Harbor Lawn at Waterfront Park



How To Step Forward for Mental Health in Education

Mental illness affects all walks of life – it simply does not discriminate. Research shows that mental health problems often start in adolescents, but many do not receive treatment for years. Early intervention is vital for the health of our youth. By reaching out to adolescents, young adults and their families, schools can play a major role in helping end the stigma of mental illness and encourage recovery.

NAMI Louisville (National Alliance on Mental Illness) exists to provide education, advocacy and support to loved ones and their families affected by mental illness. We rely on volunteers, partners, and private donations to do the work we know helps with support and recovery. Without this help, those affected by mental illness will remain alone in their struggle.

Here's how your school can help:

For Principals & Deans/Teachers & Professors/Counselors

Include an educational article/ad in your regular newsletters/e-blasts. Educate your school leadership about mental health and the challenges a mental illness can create for a family. Many people don't know and there is a stigma that often prevents people from talking about it.

Display/distribute literature about NAMI Louisville classes/group. Request brochures from us with class times and support group information so your counselors can use us as a free resource for your families.

Invite an outreach speaker to educate you and your leadership, utilizing the curriculum from "It's OK 2 Talk", or "Ending the Silence".

Create curriculum connections and utilize mental health and wellness as a real-world/practical application curriculum topic. There are lots of ways to connect mental health issues to the classes you are teaching including history, politics, justice, ethics, health, sociology, psychology, and business. Have students investigate and research different angles and issues associated with mental illness. Challenge them to write white papers, advocacy pieces, or blogs about their topic.

Boost your staff morale with our advocacy walk. Consider starting a **Step Forward for Mental Health Walk** team for the August 12, 2017 walk and naming your team to honor those who you know are struggling. Show them your support by walking for them. It's good exercise and starts your staff on a positive note at the beginning of the year.

Join the cause. Spread the word. www.namilouisville.org/stepforward



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Spread the word to other groups/people you know. Strength is in numbers and the power of positive energy goes a long way when people feel alone. Tell others about our free resources to help them during this difficult time.

Support and like us on Facebook and tag us in your social media. The more we can let people know about mental health issues, the more people that can be helped.

<https://www.facebook.com/NAMI-Louisville-143976592285757/?fref=ts>

For Students/Club Leaders/Team Captains

Appropriate and relevant for Student Councils, Peer Counselors/Resident Assistants, Diversity Clubs, Debate Clubs, Health & Wellness Clubs, Fraternities & Sororities, Healthy Behaviors organizations, Service Clubs

Become educated about mental health issues and their warning signs. Invite someone from our Outreach team to speak about mental illness at a school meeting or event. Take it a step further and offer this education via your news outlets.

Adopt mental health as your annual cause and weave it into your various school activities including open houses, sporting events, spirit events, and signage.

Elevate school spirit and earn service hours by participating in our advocacy walk. Consider starting a **Step Forward for Mental Health Walk** team for the August 12, 2017 walk and naming your team to honor those who you know are struggling. Show them your support by walking for them. It's a fun way to spread the word as a team.

Spread the word so your friends know there are resources that can help. Strength is in numbers and the power of positive energy goes a long way when people feel alone. Tell others who you know, about our free resources to help them during this difficult time.

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