

The background features stylized green trees and bushes. At the top, there are light green, cloud-like shapes. On the left, a medium-sized tree with a rounded canopy stands on a light green bush. On the right, a taller tree with a more complex, branching canopy stands on a larger, darker green bush. The bottom of the image is filled with a dense layer of dark green bushes.

**MENTAL  
HEALTH**  
AWARENESS WEEK

# Mental Health Awareness Student Committee

## Committee members include:

Serene Fayad, *Senior*

Gena Stanfield, *Senior*

Luke Willis, *Senior*

Austin Wilson, *Senior*

- Second time implementing a Mental Health Week at AWHS

# May is Mental Health Awareness Month

- Mental Health America was founded in 1949 during what is now known as Mental Health Awareness Month.
- Every May, millions of Americans to continue the tradition of promoting awareness, offering vital resources and education, and advocating for the mental health and well-being of everyone.

# Mental Health Statistics

- About half of Americans will meet the criteria for a diagnosable mental health condition sometime in their lives, with symptoms starting by age 14 for the majority of people.
- High school students with depression are more than 2x more likely to drop out than their peers.
  - 51.8% of Ohioans age 12–17 who have depression did not receive any care in the last year.
- While society is getting more comfortable discussing mental health, it can still be hard to know “Where to Start” when it comes to taking care of your own well-being.

# Why It's Important to Be Student Led

## Facts:

- Only students know what it's like to be students
- The difficulties faced by students are easier to see from a student perspective
- It's easier to talk about mental health issues with trusted peers. Further, Mental Health Awareness Week offers the opportunity to also build confidence in speaking about Mental Health with trusted adults in the school setting.

# Mental Health Awareness Week

## Week of May 6, 2024

- Spirit Week themes to engage student body
- Chalk the Walk before a baseball game
- Passing out positive affirmations at a volleyball game
- Take something leave something board at softball game
- Therapy Dog Tuesday
- Homebase Health Day
- Shred negativity
- “AW for Mental Health” paint the rock
- Magnets and stickers with the 988 lifeline

# Monday, May 6

## Get Comfy Talking about Mental Health (PJ Day)

### Chalk the Walk Outside of School

- Students in attendance will receive stickers for free-entry to the AWHHS Boys Baseball game vs. Perrysburg at 5:00 p.m.

# Tuesday, May 7

**Feel Seen - You are not alone! (Wear Neon)**

## School Facility Dog Tuesday

- The District's School Facility Dogs will come in throughout the day
  - Laney - Monclova
  - Luna - Whitehouse
  - Teila - Waterville
  - Astro - Fallen Timbers
  - Lorain- AW Junior High



# Wednesday, May 8

## Be Seen In Green Day

(Green is the official color for Mental Health Awareness)

### Homebase Activities:

- Painting tote bags
- Yoga in the Wrestling Room
- Decorating coffee sleeves for Copper Press Roastery
- Games with Lorain

# Thursday, May 9

## Tie Dye Day

(Colors represent a range of emotions; it's ok to express them!)

### Shred Negativity at Lunch

- Students shred negative thoughts
- Students shred things that bring them stress

# Friday, May 10

## AW is Here for You!

(Wear your AW spirit gear)

### Paint the Rock

- SENIORS ONLY: Painting the rock to stand for mental health, accompanied by free popsicles
- Boys Volleyball match; pass out dum-dums with attached notes of encouragement (“You’re doing great!”, “Keep it up!”, etc.)
- Girls Softball game; Take Something, Leave Something Board

**Pictures from last year**











# Thank you!

## References

“Mental Health in Ohio.” *NAMI*, <https://namiohio.org/wp-content/uploads/2021/11/OhioStateFactSheet.pdf>.

Accessed 15 April 2024.

“Where to Start 2024 MHA May Toolkit.” *Mental Health America*,

<https://mhanational.org/sites/default/files/MHM/2024/toolkit/2024-Where-to-Start-Toolkit.pdf>.

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