

# Morning Announcements

October 10

World Mental Health Day

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Good morning Eagles (insert school name or mascot here)! Today is World Mental Health Day! We want to participate by raising awareness of mental health issues and mobilizing our efforts in support of our student's mental health.

This day provides an opportunity for our mental health counselors to talk about their work, and what you can do to make mental health care a reality for all. Remember, we value talking, dealing, and feeling! So, if you or someone you know is experiencing mental health issues, you will have the opportunity to learn more \_\_\_\_\_(insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the [www.KnowYourNeuro.org](http://www.KnowYourNeuro.org) website
- Other \_\_\_\_\_