

Morning Announcements

March 2

World Teen Mental Wellness Day



Good morning Eagles (insert school name or mascot here)! Today is World Teen Mental Wellness Day. This is an annual event to raise awareness about mental health issues in teenagers. We encourage you to openly talk about mental health issues to destigmatize and let each other know we are not alone.

The healthy family rule is: Talk, Feel, Deal and Trust. Today, we will follow this rule and learn what mental health issues begin in adolescence and what we can do to cope. We encourage our Eagles (insert school name or mascot here) to support each other in understanding and discussing 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 KnowYourNeuro.org website
- ☐ Other _____