

IT'S REAL: TEENS AND MENTAL HEALTH

It's Real: Teens and Mental Health is a 45-minute program, which provides young people with mental health education and resources.

The presentation covers such topics as:

- What is mental health? How is it similar to, or different from, physical health?
- How to notice signs of someone needing help
- Tips and strategies for having a caring conversation with someone you might be worried about
- Methods of self-care for mind, body, soul, and surroundings
- Examples of trustworthy resources
- How reaching out to trusted adults can help teens manage their mental health

The presentation includes brief video narratives featuring well-known GenZ influencers sharing their own experiences with mental health, and what they found helpful at the time.

Target Audience:

Teens between the ages of 14 and 18.

This program is directed to be presented to high school classes or community settings with groups of comparably aged adolescents.

To request *It's Real: Teens and Mental Health*, contact:

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