

# IT'S REAL: TEENS AND MENTAL HEALTH

## for Middle School Students

*It's Real: Teens and Mental Health for Middle School Students* 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:**

Youth between the ages of 11 and 13, in grades 6-8.

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

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