



## ONLINE: Mental Health and Suicide Warning Signs

*“My perspective has been broadened by this course, and I have a much better understanding of how to relate to my students.”*

- Audrey C.

How can mental health disorders be addressed in the classroom? What does suicide prevention look like in schools, and how can teachers be both sensitive and effective with students? These questions and more will be explored in this course on student mental health.

In addition to lessons on building positive mental health skills, teachers will be provided with guidance on what to do in times of crisis. Teachers will also be familiarized with signs and symptoms of common mental health disorders that may be seen in a classroom, and be taught tips for teaching students with diagnoses. The brain’s health is required for learning, playing, and forming relationships.



A healthy mind is the first step to success in the classroom.

### Standards:

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Assessment, Planning for Instruction and Instructional Strategies.

The course also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content and Teachers Facilitate Learning.

### Each self-study PD course from Professional Learning Board includes:

- **Convenient access** anytime, anywhere, any device
- Interactive **online** textbook
- Implement **practical suggestions** immediately
- Demonstrate comprehension with **quizzes** and checks for understanding
- Print **certificates** of completion
- Easily assign courses to align with each teacher’s **personalized PD needs**
- **Integrate** with school and district-wide initiatives
- **Low cost solution for all courses, all teachers, all school year**
- **Reports** for school administrators



# **ONLINE:** Mental Health and Suicide Warning Signs

## **Course Outline**

### **LESSON 1**

#### **Understanding Mental Health**

- Mental health vs Mental well-being
- Common causes for decline in mental health in children.
- Alternatives to combat the use of stigmatizing words.
- Guidelines to support peers who struggle with mental health issues.

### **LESSON 2**

#### **Building Resilience**

- Definition of Resilience
- Characteristics of a Resilient Child
- Ways to build resilience through emotion regulation and a supportive environment.
- Techniques for coping ahead in the classroom.
- Environmental factors to create positive mental health.

### **LESSON 3**

#### **Suicide Prevention**

- Suicide Red Flags
- Components of School Suicide Prevention Programs
- Policies and Protocols for student safety
- Indicators of positive school culture/climate
- Gatekeeper training to identify potential suicide risk
- Postvention programs to help grieving students after a suicide has taken place
- Emergency Guidelines to follow during threat or attempt of suicide on the school campus

### **LESSON 4**

#### **Mental Health Diagnoses**

- Understanding the common mental health disorders such as ADHD, ODD, CD, OCD, Schizophrenia, Bipolar disorder and Post-Traumatic Stress Disorder.
- Signs and symptoms of the various mental health disorders and their manifestations in the classroom.
- Classroom strategies to deal with these symptoms and nurture the strengths of the students.
- Intervention plan to abate disruptive behavior in the classroom.