

PSD Mental Health Materials to Support Students

Videos and Talking Points

English Video: [How to get help: Mental health resources for Poudre School District students](#)

Spanish Video: [Cómo obtener ayuda: Recursos de salud mental para estudiantes del Distrito Escolar Poudre](#)

Goal: All students should have the opportunity to view the videos by Sept. 30, 2023.

Potential places to show the video

- Elementary Schools: Show in each classroom with a teacher or counselor using talking points
- Middle Schools: Show in classrooms (could do so by subject [i.e., show video in all physical education, ELO, or science classes, for example], by time [i.e., everyone shows the video at a certain time on a certain date, regardless of class], or another system determined by the school)
- High Schools: Homerooms, TV programs, video announcements, assemblies, 9th Grade 101

Talking Points for those showing the videos

Elementary

- Good (morning/afternoon), class!
- Today, I'm going to show you a couple videos of high school students in our school district talking about mental health. One of the videos is in English and one of the videos is in Spanish [only need the English video if your class has no Spanish-speaking students].
- Sometimes we don't feel our best, right? We may feel sad, or mad, or scared.
- Sometimes those feelings can go on for awhile, and we need to talk to someone who can help us feel better.
- The videos we are going to watch now will talk about how you can get help if you are struggling or how you can help a friend if they are struggling.
- If you have any questions, please talk to your counselor, your parents, or another trusted adult.

Secondary

- Good (morning/afternoon), students!
- Today, I'm going to show you a couple videos of high school students in our school district talking about mental health. One of the videos is in English and one of the videos is in Spanish [only need the English video if your class has no Spanish-speaking students].
- The videos will talk about how and where you can get help if you are struggling with your mental health and well-being. The videos also talk about how you can help support a friend who may be struggling.
- I want you to know that each and every one of you matter, and you belong here.
- Academics are a big part of your life at school, but they're not the only part of your life at school. How you feel makes a big difference in your ability to concentrate; participate; maintain healthy relationships; and do well in class, sports, and activities.

- There is help if you need it. You are not alone.
- If you have any questions after the video, please talk with me, your counselor, your parents, or another trusted adult.
- You can also call or text 988 to reach the Suicide & Crisis Lifeline or text “TALK” to 38255 or call 1-844-493-8255 to reach Colorado Crisis Services.