

# PSD Mental Health Materials to Support Students

## Ask, Listen, Connect Posters

These posters were distributed to schools (sent to the front office) and hung by custodial personnel before school starts. There are enough copies included in each package for each school to have posters in [English \(poster\)](#), [Spanish \(poster\)](#), and [Arabic \(poster\)](#) in each classroom, athletic room, and performing arts space, plus extras in case posters are damaged or removed. The posters advertise a new slogan for PSD mental health awareness – Ask, Listen, Connect – and have a QR code that leads to the mental health page at [pdschools.org](https://pdschools.org).

## Conversation Starter Postcards

Conversation Starter Postcards were sent to schools through inter-office mail and are available here – [English Talking Tips](#), [Spanish Talking Tips](#), and [Arabic Talking Tips](#). Distribution of the cards is up to each individual school – you know your population better than anyone, and we don't want to stifle anyone's ideas and creativity. Not sure where to start? Some suggestions include:

- Placing the conversation starter postcards in high-traffic areas for students, such as counseling offices, cafeterias, classrooms, libraries, and study spaces.
- Placing the conversation starter postcards for parents in high-traffic areas for families, such as front offices and athletic facilities, or in take-home folders.
- Handing out conversation starter postcards (especially if students can hand them out) at games, parent-teacher conferences, and back to school events and having them available on Transition Day for sixth- and ninth-graders.

## Morning Announcements

Scripts are available in [English \(script\)](#), [Spanish \(script\)](#), and [Arabic \(script\)](#) to read in morning announcements. Please use the scripts at least once a week for continued awareness.

## Newsletter Blurb

[The blurbs](#) are succinct items that can be used any time in school newsletters, either once a year, every month, or however often you see fit.

## Slides

All slides (except for the EAS slides, which can be used in staff presentations) should be used in the slideshow on school screens that typically carry announcements and reminders for students. [All slides are available in English, Spanish, and Arabic.](#)

### **Stall News**

Along with posters and postcards, schools will receive enough copies of “Stall News” for each bathroom stall in their buildings, plus a few extras in case copies are damaged or removed. Custodial staff will be hanging up the newsletters. “Stall News” is available in an [elementary version](#) and a [version for middle and high schools](#) and is meant to raise awareness about positive mental health habits and resources. The Communications Department aims to have a new edition of Stall News each Fall, Winter, and Spring, or at least once a semester, at minimum.

### **Videos**

[“Video Links and Talking Points”](#) are available for you to use. This is also a good time to remind students that mental health resource information is now on the backs of their student ID cards.