



TOOLKIT INSTRUCTIONS

By using this toolkit you are about to become an active participant in the prevention of mental illness among youth!

This Prevent Mental Illness toolkit is intended to help educators and community groups working with youth to hold discussions and develop activities that educate the community and school population and involve them in prevention.

Toolkit Materials

Each toolkit contains a resource guide, activities, talking points, posters, bookmarks and a video that features youth talking about their personal experiences with mental illness.

Resource Guide

The resource guide contains information about PIER, myths and facts, the early signs and symptoms of mental illness and how to get help. The notebook format enables educators and community groups to easily distribute this valuable information and allows youth to take notes during discussions, events or class.

Activities and Talking Points

The activities and talking points give teachers and other educators suggestions for classroom or community projects. Discussion topics are available that coincide with the specific subjects being taught in the various classes or group meetings and address components of mental illness and prevention.

Posters

Each toolkit contains two Prevent Mental Illness posters. The poster features the early signs and symptoms of mental illness and how to get help. You should place these posters in an area where students are most likely to see them.

Bookmarks

Every toolkit includes 200 bookmarks that contain the early signs and symptoms of mental illness and how to get help. You should make these bookmarks easily accessible for students and teachers. For additional bookmarks, please contact PIER.

Video

A 30-minute video that shows youth talking about their personal experiences with mental illness. This video will provide opportunities to talk about specific signs and symptoms.

Awareness Activities

Pre-Awareness Preparation

When you receive your toolkit, hold a teacher/staff planning meeting. Using the website, www.preventmentalillness.org, download additional copies of the materials that will help you plan awareness activities and events. For instance, giving your teachers a copy of the activities and talking points will help them to pre-plan a discussion or project in their classroom. Distributing the myths and facts and early signs and symptoms of mental illness will not only help educate school personnel on the positive benefits of early detection and intervention of mental illness, but should also encourage their support and participation in ongoing educational activities. If possible, bring in a PIER representative to assist in initially educating the school staff about the issue, the myths and facts and early signs and symptoms of mental illness and acceptable prevention strategies about which you feel the staff should be aware.

Additional curriculum is available through the National Institute of Health.

Website: <http://science-education.nih.gov/customers.nsf/MSMental> or
<http://science-education.nih.gov/supplements>



continued on back