

Seniors Madeline Polley and Claire Kelly created a video on teen mental health awareness to be shown to all advisories. You can access the video here:

<https://www.youtube.com/watch?v=epQil8Hhg6Y>

Below are some discussion question suggestions you can use after you show the video:

1. What stood out to you from this video? Why did this resonate with you?
2. To yourself or out loud if you are comfortable, who are the people in your life that you can go to for emotional support?
3. In what ways would you like more emotional support in your life?
4. Like Maddie shared in the video, many teenagers do not ask for help because they are afraid. Can you think of a time in your life when you asked for help even though you were afraid? (If you feel comfortable, this would be a great question to answer as an advisor to model vulnerability and start the conversation).
5. The National Alliance on Mental Illness (NAMI) works actively towards changing the way the world sees mental health. Their Pledge to be Stigma Free campaign encourages us all to start by being aware of the language we use around mental illness. You can share the infographic [here \(Links to an external site.\)](#) with your advisory as a good place to start. There is also a [stigma free quiz \(Links to an external site.\)](#) that students can take to see if they are affected by stigma.