

## **Mental Health**

**In elementary schools, stress management issues arise in three areas; school performance, home dynamics, and friendships. Stress is defined in several simple defined examples and what each student can do to reduce or refocus the stress in the three areas. Nutrition, exercise, and hygiene issues are discussed as having stress reducing benefits. In Middle Schools and High Schools, how stress affects your health and well being is more the focus for discussion.**

**Depression and Suicide is discussed usually starting at the Middle School level and High School. Causes for depression are examined and how people with untreated depression can have suicidal thoughts and may attempt to end their life. Warning signs are reviewed with appropriate methods for seeking help for people with depression/suicide symptoms.**

**Stress Reduction and Suicide Prevention are offered to the Community in greater detail centering on the physical and mental reactions to the body when confronted by stressful situations. Awareness of issues involved with depression and suicide are covered in greater detail along with the resources available to refer people for treatment.**