

# live WISE live HEALTHY

RICHARDSON ISD

**NOVEMBER/DECEMBER FOCUS**

## Mental Health Awareness

According to the Center for Depression Research and Clinical Care, approximately one in 11 children experience some form of depression before the age of 14. RISD is dedicated to ending the stigma associated with mental health challenges. Specific programming for this effort includes various opportunities for parents, students, and staff members to learn more about important factors of mental health and meaningful next steps to support both themselves and the children they teach.

### Resources

National Alliance on Mental Illness:  
[www.NAMI.org](http://www.NAMI.org)

Mental Health America:  
[www.mhanational.org/helping-home-tips-parents](http://www.mhanational.org/helping-home-tips-parents)

Youth Mental Health First Aid:  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

### Students

Mental Health Support Videos will be provided to all campuses.

Click [Mental Health Awareness Video Options](#) to view the different video options.

RISD Student and Family Counseling Programs will offer 6 free sessions to 100 families across all learning communities.

EVERFI Lesson: [Understanding Mental Wellness](#) advisory lesson available for 8-10 grade.

### Staff

Reminders of supports offered to all employees through the

[Employee Assistance Program](#).

[Live Wise Live Healthy at Work](#) flyer for district staff resources.

### Community

[Mental Health Awareness Video Options](#) can be used and shared at home.

[NAMI Mental Health Conditions and Warning Signs Video and Mental Health Video Resource Library](#).



**#liveWiseliveHealthy**  
[www.RISD.org/LiveWise](http://www.RISD.org/LiveWise)

Community-wide training, programming and opportunities to empower young people through healthy and wise decision making and meaningful life changing experiences.