Goal:
- Create accessible and easily understandable mental health modules targeted towards children and adolescents. These modules will be used to educate refugee/migrant youth in basic mental health literacy and provide them with some tools for resiliency and self-care
  - Use simple, clear language
  - Incorporate concrete examples
  - Avoid diagnosing or suggesting treatment
  - Use positive language to empower, rather than emphasizing weakness!

Resources
- https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Immigrant-Child-Health-Toolkit/Pages/Mental-and-Emotional-Health.aspx
- Mindfulness workbook → ask Anvita
- https://www.cvt.org/COVID-19-resources
- https://refugeehealthta.org/physical-mental-health/mental-health/suicide/suicide-prevention-toolkit/

Contents

Topic	Notes	Person in charge
Defining mental health	• Use simple terms	Rodolfo
Why is mental health important?	• Who you can talk to for help	Rodolfo
Self care	• Make sure this is accessible and easy to understand	Rodolfo
Mindfulness practices		Tiffany
Tools for resilience		Tiffany
Common signs and symptoms	• Include common conditions such as depression, anxiety disorders, PTSD, and general responses to trauma • How to know when you might need professional help	Maria Alejandra
COVID?	• How COVID affected mental health, especially minors and families	Mabel

	● COVID, mental health, and school ● How to get help (telehealth)	
Affirmations	● Mental illness does not define a person ● The trauma you experience is never your fault!	Mabel

https://docs.google.com/document/d/1xIKhtB928xCAVjJECKu1A_hVRFs01dUZAofzyWjfwnY/edit?usp=sharing