



Into the Classroom Student Behavioral Health Awareness Multimedia Series

Media Access and Info Sheet

Overview

Mental Health California and Blue Shield of California's BlueSky initiative announce a new campaign: *Into the Classroom—Student Behavioral Health Awareness Multimedia Series*. Our free tools are appropriate for middle school to college-aged students. The series promotes student behavioral health awareness and provides Prevention and Early Intervention (PEI) education for all students (Tier 1). We also have media specifically for males of color through our Brother Be Well program. We offer videos, podcasts, visual presentations, handouts, discussion guides, a Learning Library, and web-based courses accessible from any device.

Through this series, we aim to:

- Advance PEI efforts among youth populations.
- Increase anti-stigma efforts around behavioral health in an effort to end prolonged suffering.
- Eliminate barriers to behavioral health information and care.
- Expand opportunities to discuss behavioral health among diverse and underserved communities, and all students.
- Enlighten participants on their behavioral health concerns, and how those can affect their overall health and wellness, and the health and well-being of their families, friends, and the larger community.
- Increase behavioral health support between peers, particularly in distress situations.
- Provide schools and community groups with opportunities for free behavioral health education to improve health outcomes and quality of life.
- Expand digital, on-demand behavioral health learning opportunities.
- Increase attention to self-care through integration of natural and holistic remedies for health improvement.

How to Access the Media

- All Students - Into the Classroom Multimedia
- Males of Color (MOC) - Into the Classroom Media
- Answer Keys and Discussion Guides

[CLICK HERE TO ACCESS FREE MULTIMEDIA TOOLS](#)

Useful Links

[MHC Into the Classroom Webpage](#) (program information and links)
[BBW Into the Classroom Webpage](#) (program information and links)
[Into the Classroom Learning Library](#) (free multimedia teaching tools)
[Into the Classroom Courses](#) (free web-based courses on any device)
[The Pod@7 Webpage](#) (monthly youth behavioral health webinar series)
[Brother Be Well](#) (wellness for boys and men of color with a blog for all)
[Brother Be Well Blog](#) (free multimedia across behavioral health topics)
[Brother Be Well Roadmaps](#) (multimedia grouped by tags)

[Brother Be Well Resources](#) (behavioral health resources)

[Mental Health California](#) (parent organization to Brother Be Well)

[Blue Shield of California's BlueSky Initiative](#) (Into the Classroom sponsor)