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Re: SB 531 (Rubio/Umburg) Student Mental Health Education.

Dear _____,

I am writing to express my strong support for SB 531: Student Mental Health Education.

Mental health education is critical to building knowledge and skills to increase awareness, tackle stigma, and encourage help-seeking behavior. SB 531 will ensure that students receive age-appropriate mental health education in elementary, middle, and high schools by amending existing law to include age-appropriate mental health education within the existing requirement that health instruction be taught in grades 1-6, and by requiring that mental health education be taught in grades 7-12.

California schools are uniquely positioned to provide this instruction, ensuring that children and youth will have the knowledge that they need to understand mental health, including the importance of early intervention and prevention. This education will improve the mental health of California's children and youth, and will lead to greater wellness throughout their adult lives.

I urge you to support SB 531, a bill that will have a lasting and positive impact on generations of Californians.

I urge you to support this important bill.

Sincerely,

Name(s), Title(s)
[Organization (if any)]