



Tulare County Office of Education | CHOICES TUPE Newsletter

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Mental health

The CHOICES TUPE program helps students understand the consequences of unhealthy decisions such as choosing to use tobacco, alcohol, and other drugs. Through the program, students discover information and build skills they can use to successfully transition through important life milestones.



Mental health

- Mental health describes the health of a person's mind, thoughts, feelings, and actions.
- A young person with good mental health will feel in control of their emotions and have positive interactions with the people around them.



Facts

- A healthy state of mind allows youth to do well in school, enjoy family, and other social relationships.
- Nineteen percent of the U.S. population ages 18-54 are impacted by a mental disorder each year. Fifty percent will have a diagnosis of a mental disorder in their lifetime.



Mindfulness of the mental health stigma

A person may be scared to discuss mental health challenges with family, friends, or school staff. They may experience concern about what others will think of them. Fear of mental health discrimination may keep youth and their parents from seeking help. Some students may even believe the hurtful things that are said. A better understanding and awareness of mental health challenges can reduce negative thoughts and stigma. This change can encourage one's willingness to get help.



Video resources

youtube.com/watch?v=tJsGGsPNakw (An impact of mental health)

youtube.com/watch?v=yjqfJutZU8U (How to talk about mental health)

“In any given moment, we have two options: to step forward into growth or to step back into safety.” — Abraham Maslow

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