

HISD | Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

May is Mental Health Awareness Month 2022: “It’s Okay not to be Okay.”

HISD and Social and Emotional Learning are raising awareness about the importance of mental health and its impact on students, staff, and families. It is vital that we fight the stigma around mental health and continue to advocate for resources and services to support our school community. We must also embrace the fact that mental health is an essential part of overall health and wellness. It is important that we acknowledge the impact of COVID-19 on our students’ and teachers’ mental health and provide the education, care, and support they need to be healthy.

Mental Health Facts (NAMI 2021)

- One in five adults experience mental illness each year, and less than half receive treatment.
- One in six youth experience a mental health condition each year, and only half receive treatment.
- Fifty percent of all lifetime mental illness begins by age 14, and seventy-five percent by age 24.

HISD Call to Action: May 19 is Mental Health Action Day!

- Wear the color lime green, the official awareness color for mental health, to celebrate and honor mental health awareness.
- **Join the SEL Department at HMW from 11 a.m.– 2 p.m.** as we celebrate and honor Mental Health Action Day! Check out this video: [Mental Health Action Day](#)
- **Host a campus forum**, assembly or resource fair with a mental health professional, school counselor or member of SEL Department. Invite students to write anonymous questions about mental health conditions and how to take care of it.
- **Ensure your students and staff** are aware of and know how to access available resources such as how to connect with their school counselor or suicide prevention resources.
- **Mental Health Tune-up:** When was the last time you checked in on your own mental health? Take a self-assessment today at [Mental Health Self-Assessment Screening](#).

HISD Mental Health Resources and Support

- HISD 24 Hour Mental & Crisis Line: 713-556-1340
- HISD Employee Assistance Program: 1-833-812-5181
- National Suicide Prevention Hotline: 1-800-273-8255
- National Alliance of Mental Illness: 1-800-950-6264