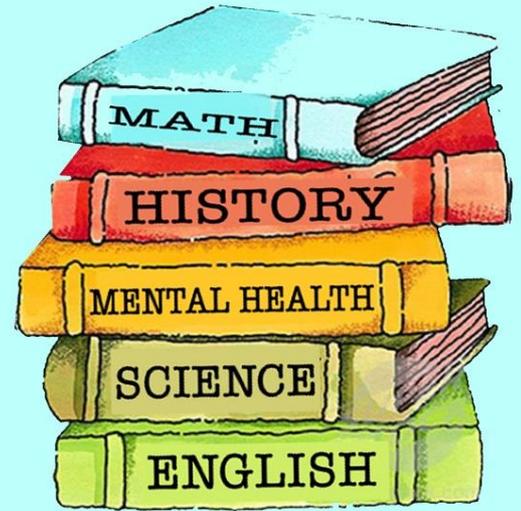
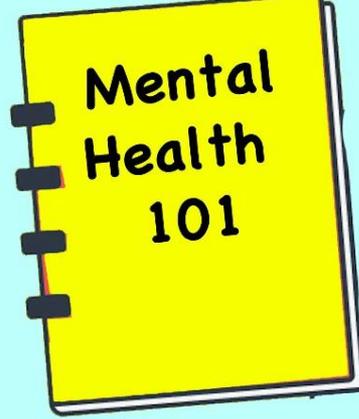
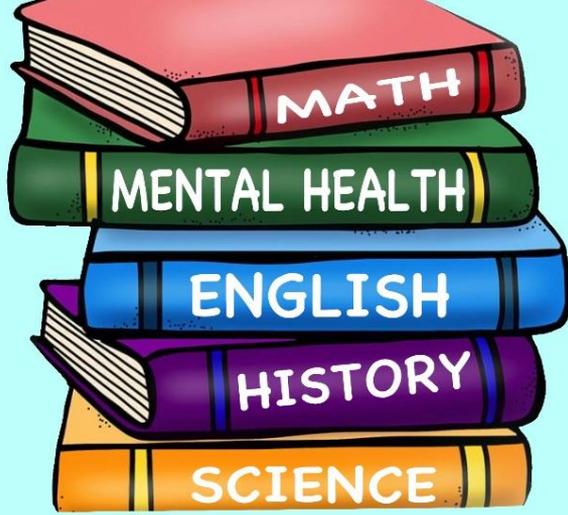


Educating the Minds of Students

Mandate Mental Health Education
in high schools



Jeanine Gherardi



If mental health education were incorporated as part of American high schools' core curriculum, it would provide students with essential skills to help them cope with the inevitable stresses of life, and achieve a healthy personal development.

Mental wellness is crucial at every stage of life, from childhood to adolescence and throughout adulthood.

INCREASE

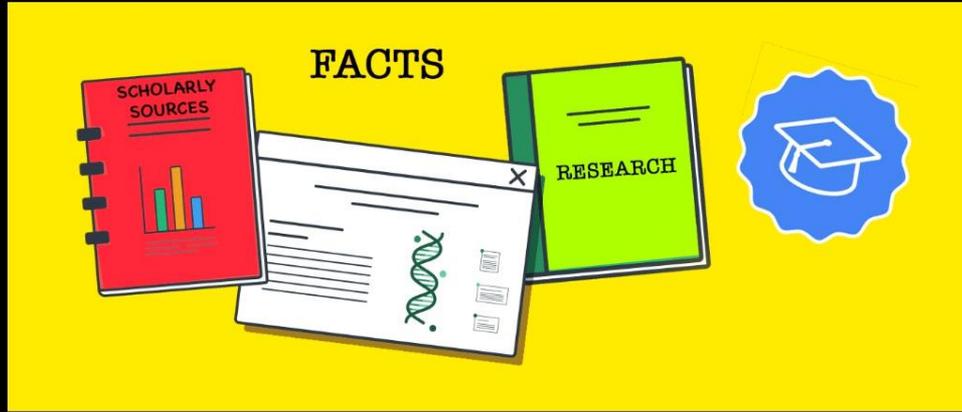
**SELF
AWARENESS**

**Develop
Emotional
Intelligence**

**Promotes
Healthy
Relationships**

High Schools are opposed to including mental health education into thier mandated classes: WHY?

1. View High Schools' primary mission is to focus on acedemic success.
2. Stigma surrounds mental health illness.
3. High Schools dont see the need.



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