

## Commercial Breaks

### Objective:

Students will become familiar with school and community mental health resources, knowing there are many places they can go for help or support.

Grade levels: 6-12

1. Prepare a list of local mental health resources, making sure to include school resources such as counselors, social workers, advisors, resource room, etc.
2. Divide the class into teams, giving each team a resource and asking them to research it (via web search for community resources or talking to representatives of the school resource) and create a 1-3 minute "commercial" promoting that resource and how to access it.
3. Have one team of students present their commercial to the class each week to share what they learned and keep mental health resources at the top of the students' minds.
4. Optional: Teams can also be asked to create an advertisement for their resources, such as a poster or flyer, that can be displayed in the classroom as a reminder that help is available.