

The Scoop from Miss Scaffidi

May

*American Foundation for Suicide Prevention website, WNY chapter: afsp.org/chapter/afsp-western-new-york/
AFSP has many resources for ongoing support to address suicide prevention and postvention.

May is Mental Health Awareness Month

<https://mhanys.org/> (Mental Health Association in NYS, Inc.)

MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State.

Is Social Media Hurting Your Mental Health?

TedX Ryerson University video, Bailey Parnell:

https://www.youtube.com/watch?v=Czg_9C7gw0o

“At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it’s still an illness, and there should be no distinction.” – Michelle Obama

Monthly Class Lessons

4th Grade: Teambuilding, communication, connection/relationship-building

-Step over the line if...

-Mini-marshmallow tower activity

7, 8 Grades: Social Media As a Stressor

We will be discussing social media and its impact on mental and emotional health.

-Watch TedTalk video- Is Social Media Hurting Your Mental Health (link in box above).

-Students will create “apps” that would impact their mental and emotional health in a more positive way than the traditional social media apps

“Going to a counselor or therapist when you’re feeling sad or overwhelmed should be as normal as going to the doctor when you have the flu.” –unknown

Websites for parents to browse:

<https://www.nami.org/mentalhealthmonth>

<http://ed.buffalo.edu/alberti.html>

<https://copingskillsforkids.com/>

<https://www.juliacookonline.com/>