SHARE new mexico™

Talking Mental Health

Talking Mental Health uses a stigma-busting curriculum to confront myths that reinforce silence that often surrounds mental illness. We place priority on educating in upper elementary, middle and high school classrooms, youth ages 13–18. The program helps youth and their families learn how to recognize, talk about, and treat mental health challenges. The curriculum uses trained facilitators who have faced these illnesses. Talking Mental Health is the only program that goes into the classroom and speaks to youth directly about mental illness.

Four strategies are offered: 1) Classroom sessions in upper elementary, middle and high schools where students are educated about mental health/illness awareness and suicide prevention in three 45-minute sessions by trained community facilitators in partnership with local schools. The curriculum shares personal stories, information on illnesses, discussion, resources, and interactive exercises. 2) "Train the Facilitator" workshops train adults and youth to facilitate the curriculum. 3) Teen Mentorship program where teens are trained to present the Talking Mental Health curriculum to their peers in school classrooms; 4) Professional Development and Community Forums for parents, school and community leaders, and individuals who are interested in learning more about the signs, effects, and treatment of mental illness. Forums include our Talking Mental Health curriculum, personal stories, and a question and answer session.

Details

Ages: Children and Youth Teen
Races: All
Waiting List: Never
Minimum Age: 12
Maximum Age: Adults
Contact: Kelly Geib-Eckenroth
Contact Email: kelly@breakingthesilencenm.org

Services

Behavioral Health & Substance Abuse Services Educational Programs Disabilities and Health Concerns Youth Development

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Locations

4810 Hardware Drive NE #2
Albuquerque, NM 87109

Phone: (505) 331-8882
Services Limited By Geography:

No, we are around the state.

Parent Organization

Breaking the Silence New Mexico

Our mission promotes mental health literacy, well-being, and advocacy for youth, teens, and adults through education, personal story, and the arts. Our primary focus is the public health challenge of mental illness, suicide, and stigma.

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