

## What is Allies for Student Mental Health?

The **Allies for Student Mental Health** professional development program provides teachers, leaders, and school staff with the information and resources they need to support the mental health needs of their students. Participants learn how to work as allies to identify and understand the effects of mental health conditions and trauma, which can have a significant impact on students' academic success and overall well-being.

This two-hour training was designed by the National Alliance on Mental Illness Massachusetts for K-12 schools. The training is delivered by a panel of four engaging speakers who represent the following perspectives: clinical, educator, individual, and family.

### About NAMI Massachusetts

NAMI Massachusetts is a state affiliate of the National Alliance on Mental Illness (NAMI), a nonprofit grassroots education, support, and advocacy organization dedicated to improving the lives of persons living with mental health conditions and their families.

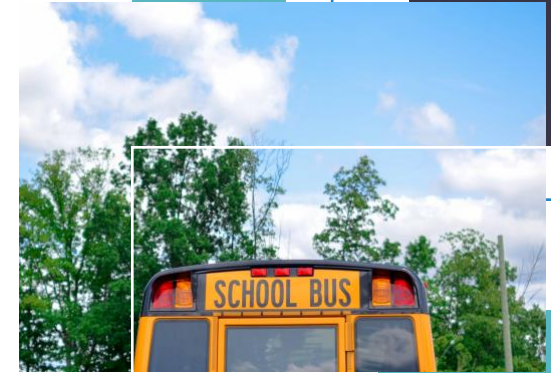
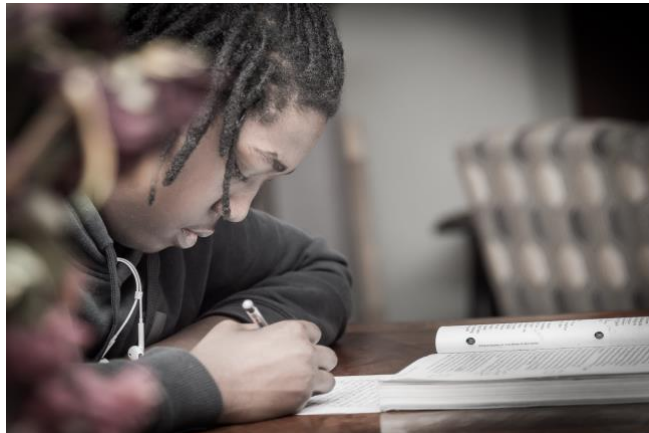
NAMI Massachusetts bridges the gap between research and clinical practice by disseminating the latest scientific findings, informing the public about mental illnesses and treatment, and working to reduce stigma.

## Become a Speaker

To learn more about becoming a speaker for Allies for Student Mental Health, please contact:

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Program Coordinator

[VHammond@namimass.org](mailto:VHammond@namimass.org)



## Allies for Student Mental Health

Information for Speakers





## Do You Have Experiences to Share?

Speakers play an essential role in the effective delivery of the Allies for Student Mental Health program. We are looking for dynamic speakers to share their perspectives. Your knowledge and experiences can help school teachers, leaders, and staff better support the mental health needs of students.

NAMI Massachusetts provides speakers with training as well as supplemental materials needed for every professional development session.

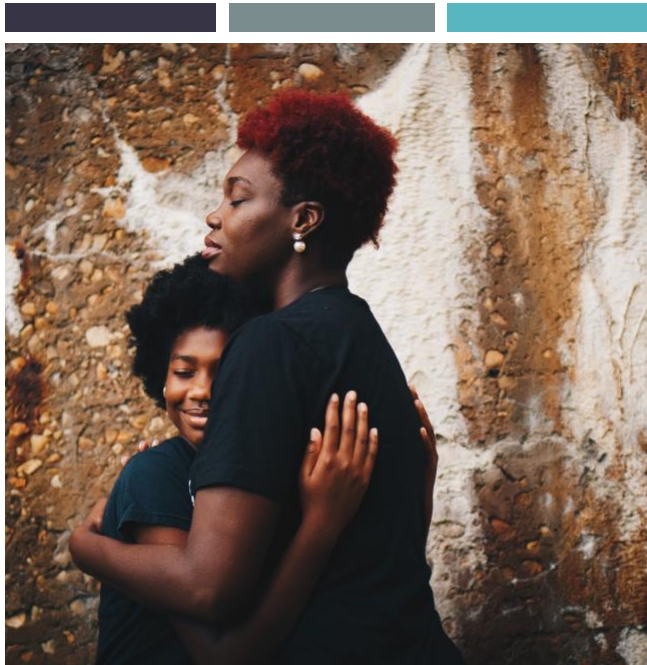
Most presentations take place during the academic year and occur during the work week. Speakers can select which presentations they want to do, and we can help speakers work with their supervisors to obtain time off. Additionally, speakers receive a stipend for their time and travel.

## Educator Perspective

We are seeking educators to share their experiences working with students with mental health conditions and trauma. Individuals with at least five years of teaching experience in K-12 schools are needed. Our most successful speakers are current and former teachers with a passion for student mental health and a willingness to share strategies and engage collaboratively with teachers.

## Family Perspective

We are looking for parents and caregivers whose children are living with mental health conditions or have experienced trauma. Successful speakers have been able to share their experiences and perspective related to student mental health and trauma.



**“This program brings powerful personal stories that impact the way we think about our students who are struggling with mental health issues. Once educators have the resources and knowledge, we are better able to create a safe space for all students.”**

*- Assistant Superintendent*

## Individual Perspective

It is essential for participants to learn about the experiences of a person who was living with a mental health condition or experiencing trauma as a student. We are looking for young adults who can share their experiences in school and suggest ways for teachers and school staff to better support students' mental health needs.

## Clinical Perspective

We are seeking medical professionals with experience working with students who have mental health conditions or trauma histories. Successful speakers can be clinicians, school nurses, social workers, or other professionals with appropriate experience. These individuals explain the prevalence, signs, and symptoms of common mental health conditions facing students and discuss the impact of trauma on students' social and academic success.