

- **Email Distribution:** Ensure the newsletter reaches all parents by including a link to it in your school newsletter. Include a clear, engaging subject line that highlights the importance of mental health topics covered.
- **School Website:** Post the newsletter on the school's website in a dedicated section for parent resources. This makes it accessible anytime and can be referred to easily.
- **Social Media Sharing:** Share the newsletter or highlights from it on the school's social media platforms to reach parents who might engage more on these platforms and to foster broader community awareness.
- **Interactive Content:** Include interactive elements like surveys or polls within your school newsletter to engage parents actively and gather feedback on their concerns or interests related to mental health.
- **Workshop Invitations:** Use the Snapshot to invite parents to workshops or seminars on mental health that the school hosts, enhancing their involvement and education on the subject.
- **Link to Student Activities:** Relate content of the newsletter to student activities, such as wellness projects or student-led initiatives, making parents aware of how the school supports mental health practically.
- **Resource Directory:** Regularly update and include a directory of local and online mental health resources in your school newsletter or website. This could be vital for parents seeking immediate help or more information.
- **Follow-Up:** After addressing specific topics in the Snapshot, provide follow-up or additional resources in the school newsletter to cover more in-depth information, answer common questions, or update on related school policies.

By using these strategies, a school can maximize the impact of the Mental Health and Wellness Snapshot, making it a key tool in promoting mental health awareness and support among parents and by extension, their children.



Student Posters

High Traffic Areas: Place the posters in areas where students frequently pass, such as hallways, the cafeteria, libraries, and main entrances. This ensures maximum visibility.

Classrooms and Offices: Distribute copies of the poster to be displayed in each classroom and in the offices of school counselors and nurses. This helps reinforce the message in multiple contexts. **You may request more posters for your school.**

Community Boards: Utilize community bulletin boards around the school to post the information, making it accessible from different points.

School Website and Social Media: Digitize the poster and share it on the school's official website and social media platforms. This can reach students who are absent or learn remotely and extends the message beyond the school environment.

Interactive Digital Displays: If available, use digital display boards within the school to rotate the poster imagery and messages, keeping the content fresh and engaging.

Class Discussions: Encourage teachers to use the poster as a starting point for discussions on mental health in class. This can help facilitate open conversations and clarify any questions students might have.

School Events: Feature the poster prominently at school events, especially those focusing on health and wellness, to tie the message into broader themes of student well-being.

QR Codes: Add a QR code to the physical and digital versions of the poster that links to additional mental health resources, videos, or a school-sponsored mental health awareness page.

Feedback Loop: Set up a suggestion box or digital form where students can provide feedback on the poster and suggest topics they want more information on. This can guide future updates or new posters.

Workshops and Seminars: Use the poster as promotional material for upcoming workshops or seminars on mental health topics. This can provide a deeper dive into the issues presented on the poster.

Integration into PE Curriculum: Incorporate the poster into the health education curriculum, where it can serve as a visual aid for topics on mental health and wellness.

Peer Involvement: Involve student groups, such as student council or a wellness club, in the distribution and promotion of the poster, harnessing peer influence to strengthen the message's impact.

By using these strategies, schools can maximize the visibility and effectiveness of the Snapshot posters, and integrate them into the school's approach to promoting student wellness.