



be nice.
notice invite challenge empower

working together to empower student mental health

notice

what is good/right about someone,
so that you can notice what is different.

changes in someone's behavior

- Difficulty concentrating, tired, and decreased energy
- Feelings of guilt, worthlessness, helplessness, hopelessness, or extreme pessimism
- Extreme feelings such as anger or sadness
- Loss of interest in hobbies or activities they used to enjoy
- Persistent sad, anxious, or "empty" feelings
- Persistent aches or pains, headaches, or digestive problems
- Overeating or lack of appetite

risk factors

- Experiencing stressful life events, such as break up of a relationship
- Traumatic experience
- Physical injury
- Medications
- Drugs, alcohol, or tobacco
- Having family members with mental illness
- Unhealthy habits in regards to social media/gaming
- Lack of involvement in activities
- Low parental involvement

invite

yourself to start a conversation.

Tell them specifically what you've noticed.

"I've noticed that..."

Ask if they've talked to anyone else about how they're feeling, and let them know it's okay to get help.

invite yourself to stay by their side. Finding the right treatment can be a difficult journey.

www.crime-stoppers.org | 713.521.4600 | info@crime-stoppers.org

be nice.© is a Program and Action Plan created by the Mental Health Foundation of West Michigan www.benice.org

challenge

stigma and access resources.

- **challenge** yourself to talk openly about mental health, just like you would physical health.
- Take stigmatizing words out of your vocabulary. What could you say instead of insane, lazy, attention-seeker, dramatic, criminal, dangerous, selfish, weak, or crazy?
- Use words like fighter, survivor, illness, and help.

challenge yourself and others to seek help if they need it. Ask questions like:

- How long have you been feeling this way?
- Are you currently getting help?
- How is your treatment going?

Think of who is available to talk to:

- Parents
- Coaches
- Family
- Faith leaders
- School Counselors
- Principals

empower

yourself and others with knowledge and protective factors for resilience.

Protective Factors

- Having support from family and friends
- Involved in activities, sports, etc.
- Having hobbies such as cooking or crafts
- Having at least one adult you can trust
- Having strong connection to culture
- A positive attitude/optimism
- Making good choices
- Maintaining healthy boundaries
- Sticking to beliefs and morals
- Having positive coping skills (e.g. keeping a journal, listening to music to relieve stress, exercise, meditation, etc.)
- Having positive role models
- Faith/spirituality
- Hanging out with a pet
- Having high self esteem

24/7 Hotlines

Suicide and Crisis Lifeline call **988**
Crisis Text Line **text "NICE" to 741741**