

Now Available!

LET'S TALK

in the Classroom:

Finding Reliable Mental Health
Information and Resources

This guide to the *Let's Talk in the Classroom* program will help teachers to:

- Build competence and confidence to discuss mental health with students in the classroom.
- Support students by delivering three specific lessons to help them:
 - identify and correct common misconceptions about mental health
 - discover reliable online mental health information
 - know how to seek help and support through social networks and in the community.

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