

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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