

# Peer Support Curriculum

Minding Your Mind will utilize members of our professional staff and young adult speakers to facilitate a ten-session interactive Peer Support Curriculum.

## How it is Effective

MYM will work in conjunction with school staff to identify and recruit students from various social groups in the school to become peer leaders and participate in the course. The goal of this program is to encourage students to support other students by becoming aware of important signs that their peers may be exhibiting, and also learn tools to help others and pursue further help from a counselor, teacher and/or parent.

Each week, students will have the ability to participate in important activities that relate to each topic being introduced. This will give students a “hands-on” approach to learning how to support their peers.

Topics addressed over the ten-week period include:

- **STRESS** - signs, causes, and positive coping mechanisms
- **DEPRESSION** - signs, symptoms, and treatment
- **ANXIETY** - signs, symptoms, and treatment
- **ACTIVE LISTENING**
- **POSITIVE SELF-TALK**
- **MINDFULNESS**
- **USEFUL RESOURCES**

Minding Your Mind also will provide optional “Awareness Activities” that the peer leaders can organize to erase the stigma surrounding mental health issues and spark conversation among students:

- **Blue “Gene” Day** - wearing jeans on a particular day to raise awareness around depression
- **Get The Monkey Off Your Back** - anonymously sharing issues that are weighing students down
- **1 in 4** - selling/providing a snack bag that demonstrates and explains that one in four students will suffer from a mental health issue
- **Battle Of The Bands** - organize a Battle of the Bands or talent show to showcase positive coping mechanisms
- **Who’s The One?** - Students give stickers to faculty, students, and staff members that they trust and feel are encouraging and supportive.

Suggested Donation: \$1,500

A full curriculum outline can be provided upon request. Please contact Mollye Readinger-Scott at [mollye@mindingyourmind.org](mailto:mollye@mindingyourmind.org) for more information.