

# Mental Health Education

Using health education standards adopted in rule 6A-1.09401, school districts are required to provide a minimum of five (5) hours of instruction to students in grade 6 - 12.

We must address, at a minimum, the following topics:

- Recognition of signs and symptoms of mental health disorders
- Prevention of mental health disorders
- Mental Health awareness and assistance
- How to reduce the stigma around mental health disorders
- Awareness of resources, including local school and community resources
- The process for accessing treatment
- Strategies to develop healthy coping techniques
- Strategies to support a peer, friend or family member with a mental health disorder
- Prevention of suicide
- Prevention of the abuse and addiction to alcohol, nicotine, and drugs

The School District of Osceola County will be providing instruction in these areas in the Reading and Research classes for Grades 6 - 8. High school classes receive their lessons through a variety of classes during Wellness Wednesdays. These classes are taught by certified teachers and will be supported by School Counselors, School Social Workers and School Psychologists.

We have partnered with Brevard County Schools to provide videos and discussion points for class discussions. Parents with questions about the requirements or the classes are welcome to contact their student's school administration or mental health team.