

# PREVENTION PLAYBOOK

MAY 2024



Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.



## Teacher Appreciation Week

Parents, students, administrators, and community members alike often use Teacher Appreciation Week as an opportunity to celebrate and honor educators who have impacted students' lives, but it is also a great occasion to improve the lives of teachers.

How can we let our teachers know we believe in them, too? After all, surveys from the National Education Association indicate that over **55% of teachers plan to leave the profession sooner than they planned.** While teacher shortages have dire consequences for our children, and the future of our communities, improving teacher well-being is at the heart of the issue. With May being Mental Health Awareness Month, in addition to recognizing our students' needs, we also need to take this time to recognize the needs of our educators.

Below you will find the SAMSHA Toolkit to help address the needs of all the members of your school community.

[2024 Mental Health Awareness Month Toolkit | SAMHSA](#)

