

I knew what to say. I knew what to do.

"As a high school school teacher, I care about my students – but it can be hard to know what to do when teens appear to be struggling. Between a busy schedule, not knowing what to say, or even not feeling sure of warning signs, it can be a challenge. But I learned what to say, and I learned what to do. So can you."



Teen mental health issues are very real. When I noticed a student in my class beginning to change, I was concerned. I noticed her mood became negative; she was late for class – and then she stopped coming altogether. When she was present, her mood was down, and so were her grades. Her usual upbeat personality was gone, and she seemed tired a lot. I knew that I needed to do something.

By learning about resources in our community, and fostering a healthy relationship with my students, I felt confident to open up a conversation with this student – and I am so glad that I did. I understand that it's not my job to solve all of her problems, but I know I did the right thing by connecting her with our school counsellor to help her find the support that she needed. I didn't need to say the perfect thing; I just needed to start the conversation. Now I feel equipped to do the same for other students.

Learn what to say. Learn what to do.

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