



mental
health
matters at
every age

We can all do our part to help support the mental health of children in South Dakota. Positive messages can open doors to discussions about self-care, seeking help and the importance of mental health. By providing students with resource tools and fostering conversations, we can help them prioritize their well-being and seek help when needed. Let's pave the way for healthier, more resilient children in South Dakota.

Setting the Stage

While resource tools can kickstart the conversation, it's the teacher's job to get the ball rolling. Start by building a comfortable, welcoming space where students feel safe to share their feelings. Use age-appropriate language and activities to ensure they understand mental health ideas. Spark conversation with open-ended questions and really tune in to what they have to say. Finally, highlight the importance of self-care and reaching out for support when necessary.

Conversation Starters

- What's on your mind today?
- How do you handle big feelings?
- What helps you calm down?
- Who do you talk to for support?
- How do you show kindness to yourself?

What You'll Find:

Items for educators, students & parents. Including:

- Posters
- Bookmarks
- Pencils
- Stickers
- Lanyards, mirror clings and more

Contact

For more information visit SDBehavioralHealth.gov or contact dssbh@state.sd.us.