

# Our Minds Matter at LHS



## Purpose of the Club

The main goal of Our Minds Matter is to fight the stigma around mental health. At LHS we plan to create a safe space for students to learn about and discuss mental health.

It is important for students to know that Our Minds Matter is not a place to seek therapy, which is why our meetings will be structured around specific events (see slide 6)



## Effect on the school community

Students will learn about mental health and it's proper terminology along with disability rights thanks to the easily accessible resources within the club. Peer support will be strengthened through the formal discussions and guidance Our Minds Matter provides.

- Green Action Team: OMM has partnered with GAT before and encouraged students to get outside in order to improve their mental health. An article or resources would be shared on the statics behind the outdoors and mental health
- Black Student Union: In the past OMM has partnered with the Black Student Union and used their platform to shed light on mental health amongst young black women.

## Impact on other clubs

Although other clubs such as Teen Pep and CIA discuss mental health it is only in relation to other topics such as relationships or mindfulness practices.

OMM will provide a wider range of information and focus directly on mental health making sure that students are educated for their own *personal* benefit.



## Today's Meeting:

Article: [The CDC on coping with stress](#)

We will discuss:

- Coping mechanisms
- Resources
- The importance of seeking help
- Normalizing stress
- And any others questions or thoughts!





The background features a watercolor-style pattern. It consists of overlapping, semi-transparent circles in various shades of blue, ranging from a deep, dark blue to a lighter, teal-like blue. Superimposed on these circles are delicate, branching structures in a golden-brown or light tan color, resembling coral or seaweed. The overall effect is a textured, organic, and somewhat ethereal composition.

Q & A



The background features a watercolor-style pattern. It consists of overlapping, semi-transparent circles in various shades of blue, ranging from a deep navy to a lighter, muted teal. Superimposed on these circles are delicate, branching structures in a golden-brown or light tan color, resembling coral, seaweed, or perhaps stylized tree branches. The overall aesthetic is soft and organic.

# Signatures