

The EMOTIONAL BACKPACK PROJECT



CENTER FOR MENTAL HEALTH AMERICA OF GREATER HOUSTON
SCHOOL BEHAVIORAL HEALTH

#whatsinyourbackpack



A public awareness campaign for schools and families designed to help youth in building a solid foundation for their emotional and mental wellness.

PROGRAM OFFERINGS

My Emotional Backpack

Resources for Students

- Suicide prevention training
- Center for School Behavioral Health drawstring bag
- "I Wish My Teacher Knew" activity
- Children's mental health art contest
- Resources for emotional and mental wellness

Your Students' Emotional Backpack

Resources for Schools

- Behavioral health and suicide prevention trainings
- Local resource guide for behavioral health services
- Prevention program guide
- Video and audio PSA's

Your Child's Emotional Backpack

Resources for Parents

- Training on signs & symptoms of mental health problems and suicide prevention
- Local resource guide for behavioral health services

CONTACT BETSY BLANKS

bblanks@mhahouston.org

to learn how your school or district can bring this campaign to students!

FACTS ABOUT YOUTH BEHAVIORAL HEALTH

7/10

youth referred to Juvenile Probation have a diagnosable mental illness.



50%

of lifetime cases of mental illness develop by age 14.

20%

of youth have a mental illness.

26%

receive help.

