



MENTAL HEALTH AMERICA  
IN VANDERBURGH COUNTY  
PO Box 3207  
Evansville, IN 47731  
Phone: 812-426-2640  
Fax: 812-422-3995  
Local Email: [mhadirector@sigecom.net](mailto:mhadirector@sigecom.net)  
Local Website: [www.mhavanderburgh.org](http://www.mhavanderburgh.org)

April 6, 2010

Dear Teachers,

May is Mental Health Awareness Month! This year's coloring and essay contest theme is "Caring for My Community, My Family, and Myself = Living My Life Well". Please support Mental Health America of Vanderburgh County with our efforts to educate the youth in our community about mental health and wellness. As you well know, mental health is essential to everyone's overall health and well-being. Mental health problems are real and can affect all areas of a person's life, including school. The school systems are fortunate to have social work and psychology staff accessible to students and their families. With increased awareness and understanding of mental health, hope and recovery is attainable.

Enclosed are contest forms and a sample lesson plan. The contest deadline is Monday, April 26. Entries can be mailed to the MHA office by April 26 or forwarded to the school secretary with pick-up at each school during that week (scheduled by contacting Theresa at 812-469-6800, ext. 4970). A winner and runner-up will be selected from each grade division – Kindergarten-2<sup>nd</sup> grades; 3-5 grades; 6-8 grades, and 9-12 grades. There will also be a random prize drawing for participating teachers. The contest entries will be displayed throughout the month of May at various MHA sponsored activities. An award ceremony will be held on Friday, May 21 at noon at Old National Bank. Contest winners, runner-ups, and teachers will be invited to this ceremony.

Thank you for your efforts in promoting wellness to achieve healthy students.

Sincerely,

A handwritten signature in cursive script that reads 'Theresa Arvin'.

Theresa Arvin  
Board Member-Mental Health America of Vanderburgh County  
Community Services Director, Evansville State Hospital  
812-469-6800, ext. 4970

## Learning Objectives for Mental Health Awareness

**Goals:** To make students aware that good mental health is not something one is born with. Rather it is something that everyone can work toward.

**Objectives:** Good Mental Health does not mean that one is happy all the time. We all have times during our lives that we are sad, angry, nervous, or frightened. Good Mental Health comes from living your life well and having others (helper people) in your life that you can lean on when you are feeling sad, angry, nervous or frightened. You can live your life well by eating right, getting exercise everyday, sleeping at least 8 hrs each night, and having helper people when you feel sad, angry, nervous or frightened.

**Helper People:** Parents, teachers, mentors, school nurse, counselor, school social worker, girl or boy scout leader, Sunday school teacher or youth leader or others

**Materials:** Coloring page or essay for older children

**Procedure:** Color this page which demonstrates living your life well or write an essay which describes how you live your life well.



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