

Student Mental Health Toolkit – Youth Corner

Empowering Students | Strengthening Schools | Supporting Communities



What is the Toolkit?

The *Student Mental Health Toolkit* is a collection of fun, age-appropriate tools designed to help students understand emotions, build empathy, reduce stigma, and create inclusive, mentally healthy classrooms.

Why It's Perfect for African Schools



Mental Health Conversation Cards
– Start safe, open discussions



True/False Mental Health Quiz
– Bust myths and learn facts



Situation Shifter Activity
– Build empathy and prob-solving



Inclusion & Diverse-ability Tools
– Encourage understanding of disabilities



Video Stories– Real voices.
Real change



Interactive Activities – Anti-bullying games and stigma-free tools

Easy Integration with Google Classroom

- Organize toolkit materials by topic
- Assign quizzes and reflections
- Host online discussions



Benefits

- Promotes emotional resilience
- Reduces stigma and bullying games and
- Supports teachers with ready-to-use

Get Started Today!

<https://aspirehealthtoolkit.com/well-being>