

# 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>