



Mesabi Behavioral

— HEALTH NETWORK —

The MBHN is a network of community members and agencies focused on expanding access to comprehensive, person centered services and resources for mental health and wellbeing by strengthening collaboration across the communities of Northern St Louis County.

Mental Health Hacks for Schools

The MBHN Social Connections Subwork group was asked to create mental health hacks – short, easy to understand tips for teens relating to common mental wellbeing concerns.

Please feel free to use these tips in a way that works for your district and students. Suggestions include:

- Posting on bulletin boards
- Hanging on the back of restroom doors
- Sharing and discussing in Health class
- Adding to your newsletter
- Sending out through your district's parent portal

For easy access and sharing, these pages can be found on our website at: bettertogetherbhn.net/resources where you can also find our presenter catalog with a list of local resources for behavioral health trainings.

Looking for more?

This work is ongoing; more tips will be added throughout the year. If you have additional ideas for topics you would like covered, please contact us. Additionally, if you have students interested in participating in this work, please let us know!

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