WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION
RESOURCE

Mental Health Literacy Module 2.1:
What is Mental Health?

Implementation Tools

- [Under the Microscope: Beliefs about Children's Mental Health](#)
- Levelness of a table [video](#) and [discussion guide](#)

Reflection Guide
Everyone

1. How does your understanding of mental health impact your own mental health?

2. Consider your role as an educator. How does your understanding of mental health shape how you support students?

3. Reflect on what you learned in this module. What is one thing you will change about your practice as a result of this learning?

Mentors and Mentees

4. *Mentor:* How has your understanding of mental health shaped how you have supported students? How has that understanding changed over time? Provide examples.

5. *Mentee:* Why is an accurate understanding of mental health important as a new educator? How will this new learning impact how you support students?

School and District Mental Health Teams

6. How has your team's understanding of mental health shaped how you design systems of supports for students?

7. What is one way your team will incorporate this learning into your school mental health system improvement efforts?

Wisconsin Department of Public Instruction

Student Services Section

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