



WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

RESOURCE

Mental Health Literacy Module 1.1: *What is Mental Health Literacy*

Implementation Tools

- [Mental Health Literacy Key Points](#)
- [Creating a Mental Health Literacy Elevator Pitch Tool](#)

Reflection Guide

Everyone

1. Think about the roles you play in your family, school, and community. How can increasing your mental health literacy help you in those roles?
2. In one minute or less, describe what mental health literacy is and why it's an important part of healthy communities.

Mentors and Mentees

3. *Mentor:* Describe two ways that mental health literacy has personally helped you stay healthy and resilient in your role as an educator?
4. *Mentee:* What area of mental health literacy is a strength for you? What area could use improvement?

School and District Mental Health Teams

5. How can we advocate for more mental health literacy education for members of the school-community? How can we engage caregivers in this work?
6. Who in the community has an interest in promoting the health, mental health, and future prosperity of the community? How could we collaborate with them to increase mental health literacy across the whole community?
7. How can we leverage existing community initiatives to increase mental health literacy?



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August 2025

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