

Visit the following websites. Locate and research different resources each website provides by following the scavenger hunt directions. Keep in mind different items you would like to use during Mental Health Awareness Month.

Website: <https://www.varsitybrands.com/believe-in-you>

Task 1: Locate the GREAT Goals 5 Day Journal (hint: Empowerment)
What does the GREAT in GREAT Goal stand for?

Task 2: Locate and watch the Believe In You video series, season 1 episode 1.
Who says, "If not you, then who?" in the video?

Task 3: Locate one other item from the Believe In You website you would like to share with your whole group.



Website: <https://www.erikaslighthouse.org/teen-empowerment>

Task 1: Locate the teen empowerment club start guide.
What is one of the steps to starting a Teen Empowerment Club?

Task 2: Locate the awareness into action activities section.
What is one of the six categories the awareness activities are broken down into?

Task 3: Locate one other item from the Erika's Lighthouse website you would like to share with your whole group.



Website: <https://www.crisistextline.org/school>

Task 1: Locate the Teen's Toolkit then watch the video "Write It Out".
What is one of the three journaling prompts given in the video?

Task 2: Locate the Mental Health Crisis Plan. Click Download.
What is one of the resources listed you can turn to if you need help?

Task 3: Locate one other item from Crisis Text Line website you would like to share with your whole group.

CRISIS TEXT LINE |

Website: <https://nhph.org/repository>

Task 1: Locate the H.Y.P.E Breakin' It Down Vol. 2 videos. Watch "Island Twist".
How could learning dance moves be helpful for mental health?

Task 2: Locate Mindfulness Beats & Moves. Watch and list one to share with your whole group.

Task 3: Locate one other item from the Hip Hop Public Health website you would like to share with your whole group.

