

FAQ FOR TEACHERS:

YOUTH AWARE OF MENTAL HEALTH

Youth Aware of Mental Health (YAM; www.y-a-m.org) is a five-session evidence-based program promoting increased knowledge and awareness of mental health in adolescents. Students build problem-solving skills and emotional intelligence through lectures, discussions, and role-plays.



YAM Texas

YAM focuses on six main themes:

1. What is Mental Health?
2. Self-Help Advice
3. Stress and Crisis
4. Depression and Suicidal Thoughts
5. Helping a Friend in Need
6. Who Can I Ask for Advice?



When compared to other similar programs, YAM was proven to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.

Why is my school participating in this program?

Leadership believes that students would benefit from the mental health awareness and knowledge provided by the YAM program.

Students are also provided with local information about physical and mental health care options, as well as youth-serving organizations in their community.

Who is working with my students?

A certified YAM facilitator and helper will work with your students. All facilitators:

- Have prior experience working with groups of youth as teachers, social workers, counselors, school psychologists, or youth workers.
- Are completely vetted and screened.

What is my role in YAM?

(1) Enjoy some time for a well-deserved break or a chance to catch up on work!

(2) Please let your facilitator know where they can reach you in case of emergency.

(3) Support and encourage student participation with your enthusiastic endorsement!

For more information, please contact:

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Texas Child Mental
Health Care Consortium

YAM YOUTH AWARE
OF MENTAL
HEALTH

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