



JHU HEAT Corps Workshop

Mental Health & Wellness

Digital Workbook

Workshop Vocabulary:

Use the space below to define terms used in workshop.

➤ **Mental Health**

➤ **Stress**

➤ **Anxiety**

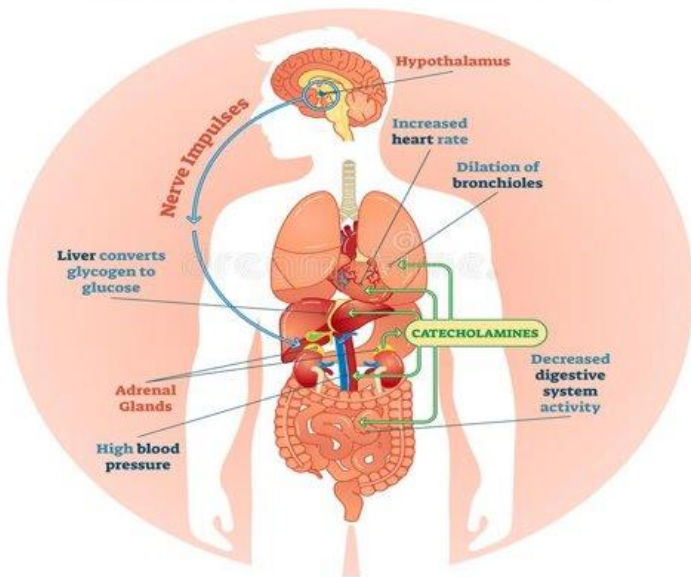
➤ **Depression**

➤ **Stigma**



What does mental health mean, and why is it important?

STRESS RESPONSE SYSTEM



What is stress? How does it impact your mind and body?

What are some examples of anxiety?



What are some healthy ways to reduce stress? List them below:



What is a support system? Can you provide an example?

**How can you promote mental health and wellness in your community?
Describe below:**

Mental Health Resources

➤ [Crisis Text Line](#)

Text HOME to 741741 or visit website

➤ [National Suicide Prevention Lifeline](#)

Call 1-800-273-8255 or visit website for additional resources.
Available 24 hours a day, 7 days a week

➤ [The Trevor Project](#)

➤ [National Institute of Mental Health](#)

➤ [National Alliance on Mental Illness](#)

Call 1-800-950-6264 or visit website
Available Monday–Friday, 10am–6pm EST



How can students identify trusted sources?

Here are some questions to consider:

- 1. Who wrote the article?**
- 2. Was it peer reviewed?**
- 3. Do they tell you where they got their information and/or provide sources/citations to back up what they say?**
- 4. Who is the target audience?**
- 5. What is the reputation of the site/author?**
- 6. How does the URL end?**
 - **.gov (government)**
 - **.edu (education/university)**
 - **.mil (military)**
 - **.com (commercial)**
 - **.org (special group/organization)**

Citation: <https://sites.umgc.edu/library/libhow/credibility.cfm> and J Med Internet Res 2017;19(6):e218) doi: 10.2196/jmir.7579

Fight Stigma and Misinformation!

Our goal is to increase health literacy skills across the world, so more people feel confident in making informed decisions about their health! The more people understand the facts, the more empowered they are about the decisions they make that impact their health and way of life! It is important to realize that in sharing information consistent with known scientific truths, we can all promote health literacy!

We want you to share what you have learned through this workshop with your community!

