

Mental Health Literacy

2026 Mental Health Awareness Month Resources

Defining Mental Health:

Mental health includes emotional, psychological, and social well-being.

It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. [CDC](#)

The term Mental Health Literacy (MHL) was coined in the late 90's with a 3-fold goal of improving recognition, knowledge, and attitudes about mental health.

Language Matters:

The inter-relatedness of Mental Health States:

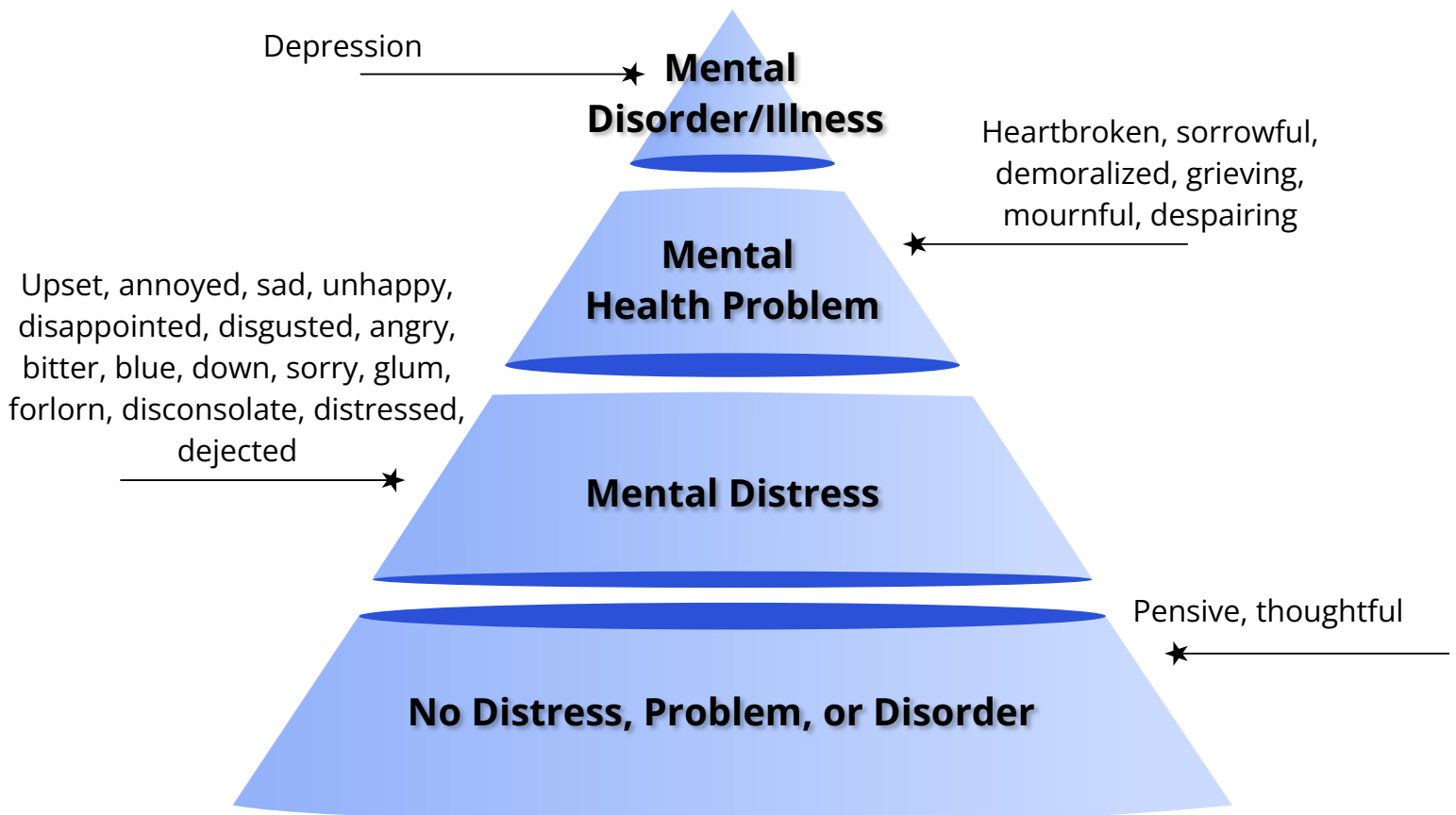


Figure 1

Mental Health Literacy Components

Building Understanding

1. Understanding how to take care of our own mental health

Understanding how we show up for ourselves, gaining knowledge and skills to promote our own well-being, recognize factors that support “good” mental health and making decisions to support or improve well-being



2. Understanding common mental health disorders and treatments:

Understanding mental disorders and their treatments. This includes the signs and symptoms of common mental health disorders and understanding the various treatments and interventions that are available. *Emotional First Aid, MH First Aid are some good training options for those interested in understanding more about symptoms and diagnoses.*



3. How to seek help effectively

When and where to obtain evidence-based mental health care, developing confidence to seek help for yourself and others, and having the skills to access appropriate mental health services.



4. Eliminating stigma around mental health

Eliminating stigma around mental health: Recognizing the impact of stigma associated with mental illness and developing strategies to reduce negative attitudes and discrimination towards those with mental health conditions.



Plans must be School Board approved and reviewed/updated annually

Questions? Contact ODE.MentalHealth@ode.oregon.gov

Mental Health Literacy Resources

Continued Learning

Mental Health Resources and Guidance from ODE:

[How to Cope with Stress and Distress](#)

[How to Support LGBTQIA+ Youth](#)

[How to Support Children and Teens Through Loss & Trauma](#)

[How Adults Can Help to Prevent Suicide](#)

[Mental Health and Wellness Strategies to Support Students Impacted by Immigration Activity](#)

Mental Health Resources from across the web:

[Mental Health is Health](#)

[Mental Health Literacy](#)

[Work 2B Well \(Youth Advisory Council\)](#)

Reference & Citations:

Figure 1: <https://mentalhealthliteracy.org/what-is-mental-health/>



Learn more at Oregon.gov/ODE

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