



Mental Health Association in New York State, Inc.

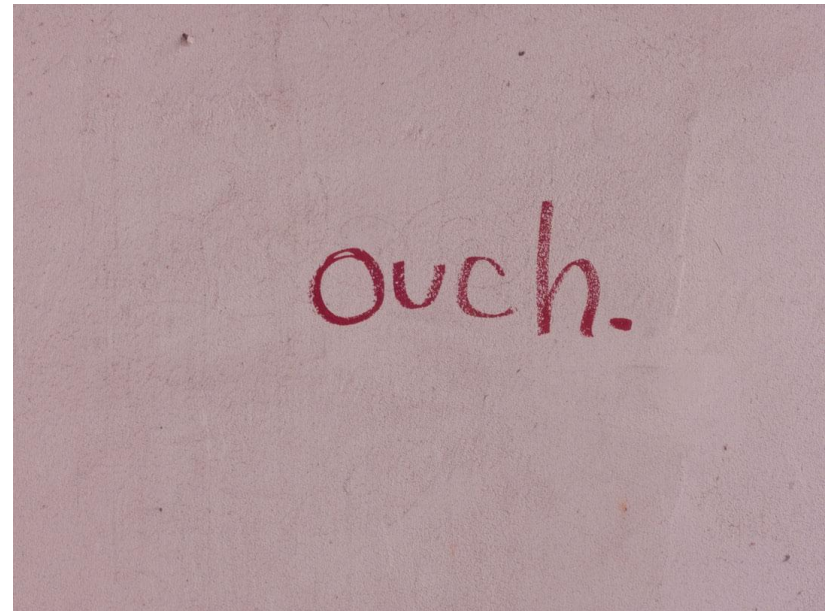
Creating a S.A.F.E. Space



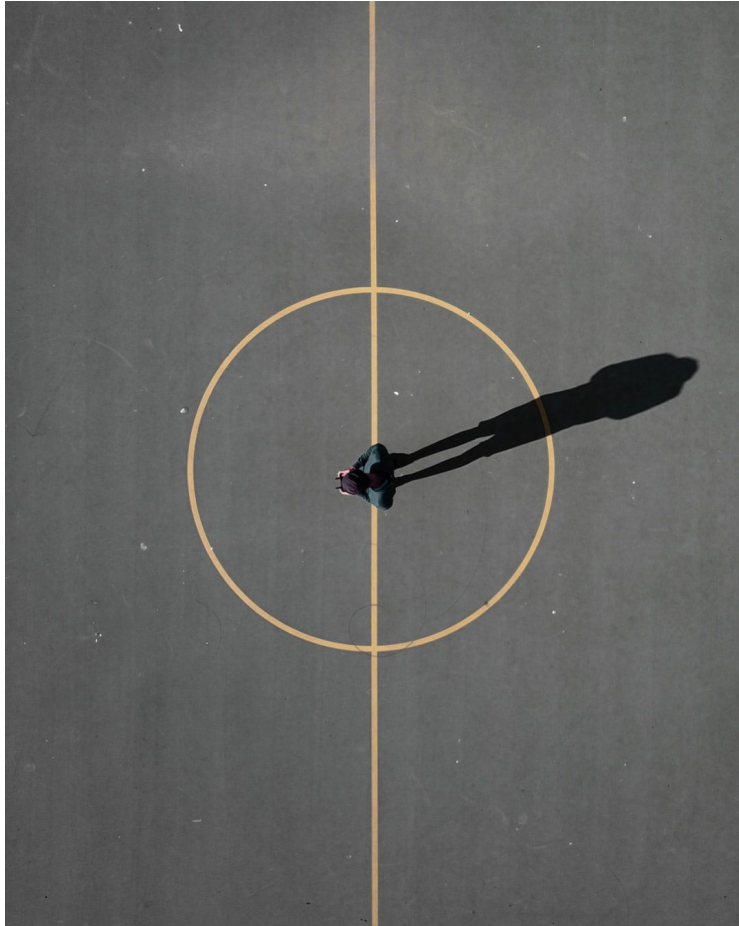
School Mental Health
RESOURCE  TRAINING CENTER

Mean Behaviors

- Gossip
- Spreading rumors
- Teasing
- Picking a fight
- Others?



S.A.F.E. Space



Supportive

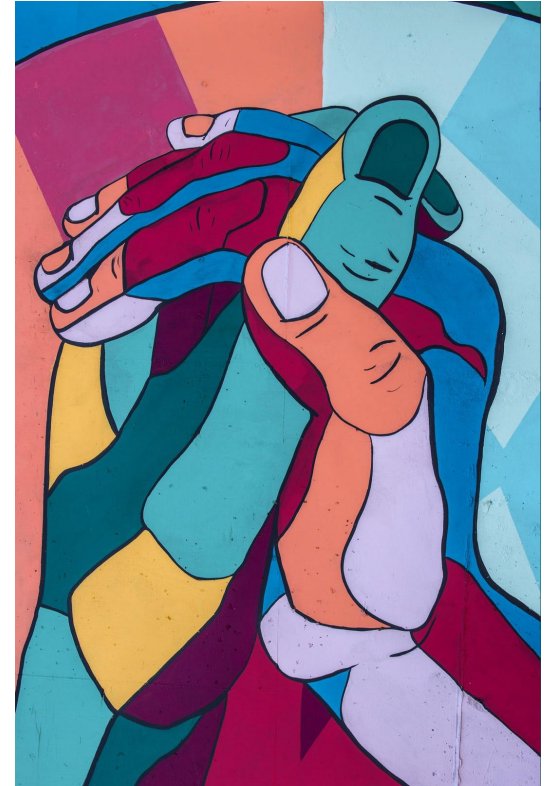
Accepting

Friendly

Empathetic

A Supportive Space is...

- How do you define support?
- How have you shown support for someone?
- How has someone shown their support for you?



An Accepting Space is...



- How do you define accepting?
- How have you shown acceptance?
- How has someone shown acceptance to you?

A Friendly Space is...



- How do you define friendly?
- How have you been friendly?
- How has someone been friendly to you?

An Empathetic Space is...



- How do you define empathetic?
- How have you been empathetic?
- How has someone been empathetic to you?

Be SAFE and Be Well



Wellness is important for all of us



www.mentalhealthEDnys.org

schools@mhanys.org

518.434.0439



THANK YOU!



@MHANYSinc



@MHAacrossNYS