

# our minds matter

**a student-led movement  
to change school culture  
around mental health.**

**[ourmindsmatter.org](http://ourmindsmatter.org)**

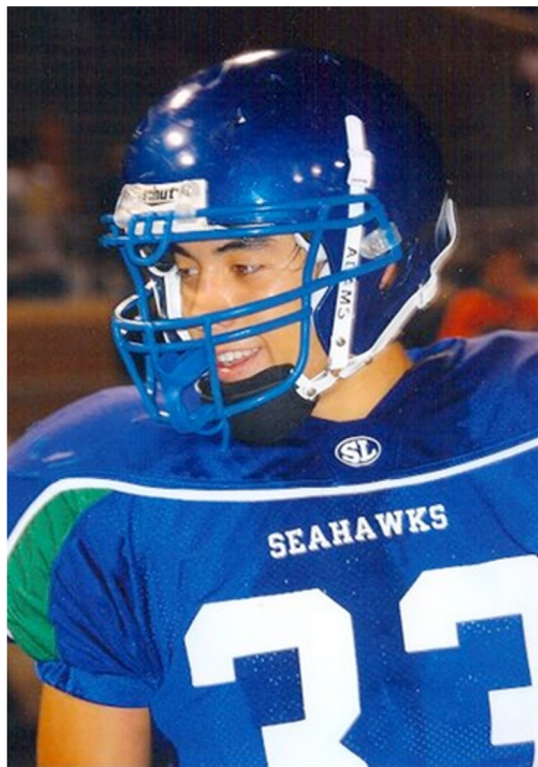
**Lauren Anderson  
Founder & Executive Director**







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**suicide is the**

**2nd**

**leading cause of death  
for adolescents  
in the US.**

# Did you know?

**90% of people who  
die by suicide have  
an underlying mental  
health condition**

#Science2StopSuicide



American  
Foundation  
for Suicide  
Prevention





**80%**

**of teens with depression  
typically don't seek  
the help they need.**



**80%**

**of those treated for  
depression start to  
feel better.**

## BRAIN STRUCTURES AND THEIR FUNCTIONS

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### FRONTAL LOBE

- movement
- reasoning
- behavior
- memory
- decision making
- personality
- planning
- judgment
- initiative
- inhibition
- mood

### PARIETAL LOBE

- telling right from left
- calculations
- sensations
- reading
- writing

### OCCIPITAL LOBE

- vision

### TEMPORAL LOBE

- language comprehension
- behavior
- memory
- hearing
- emotions

### PITUITARY GLAND

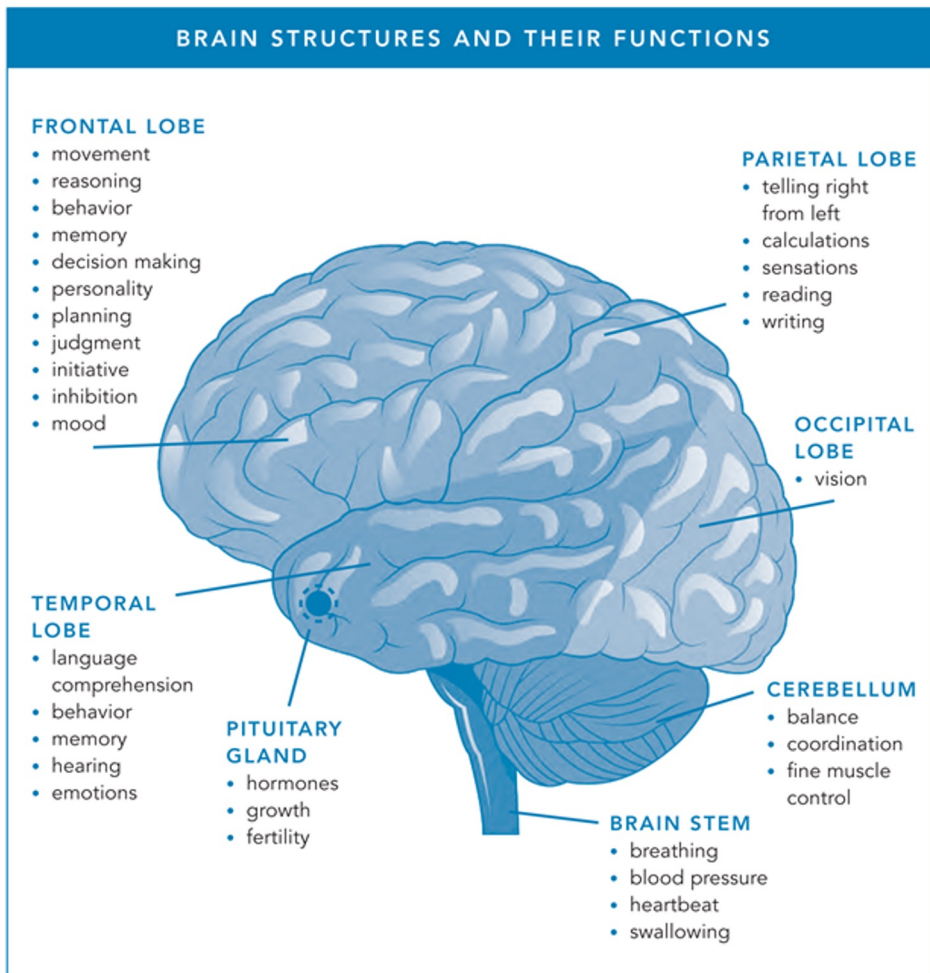
- hormones
- growth
- fertility

### CEREBELLUM

- balance
- coordination
- fine muscle control

### BRAIN STEM

- breathing
- blood pressure
- heartbeat
- swallowing



Based on an illustration from National Brain Tumor Society's *The Essential Guide to Brain Tumors*



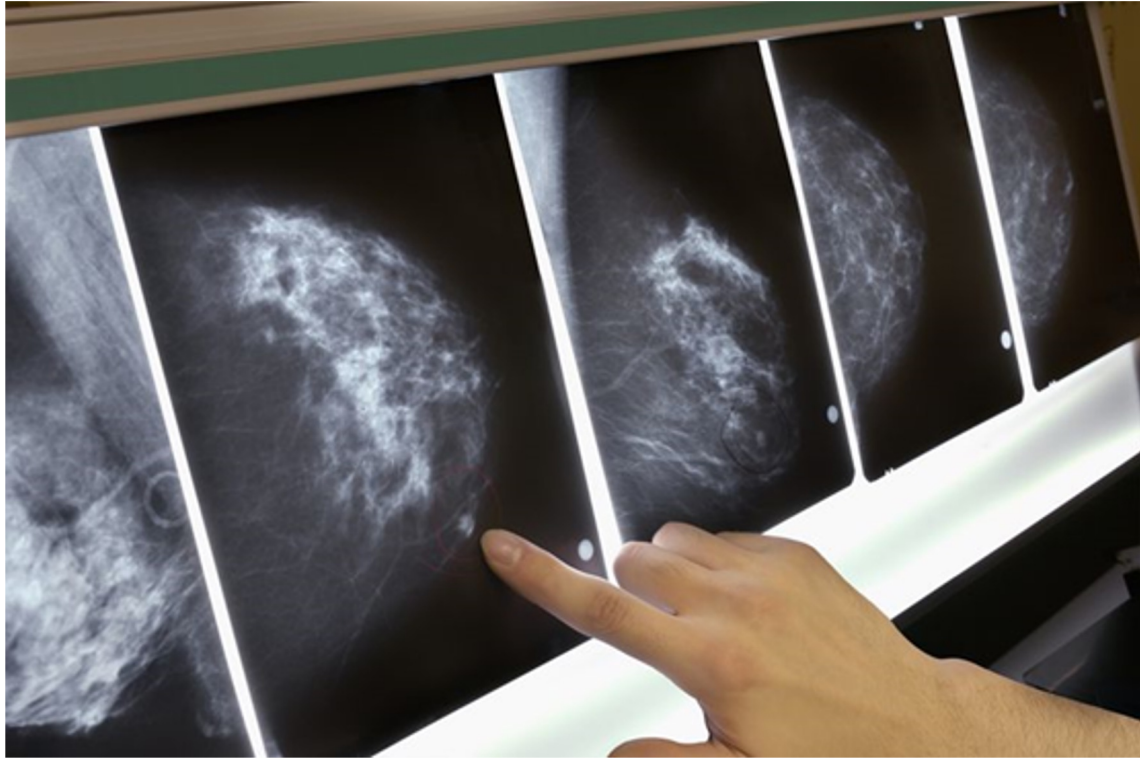
Source: Medical News Today



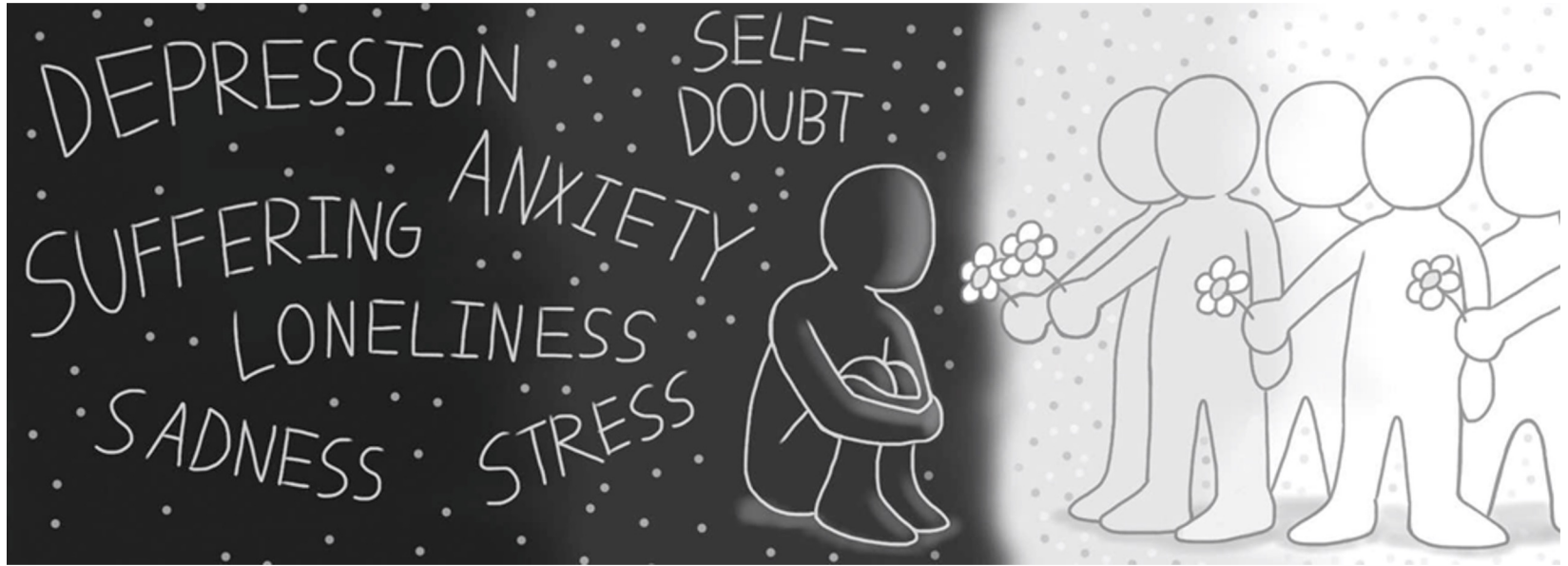


Source: Michael Conroy, AP

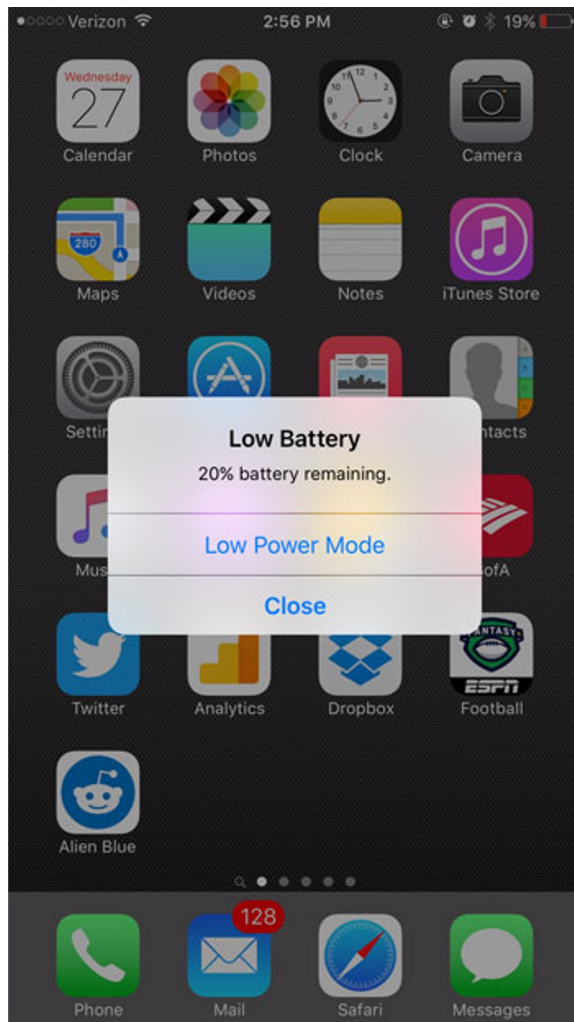








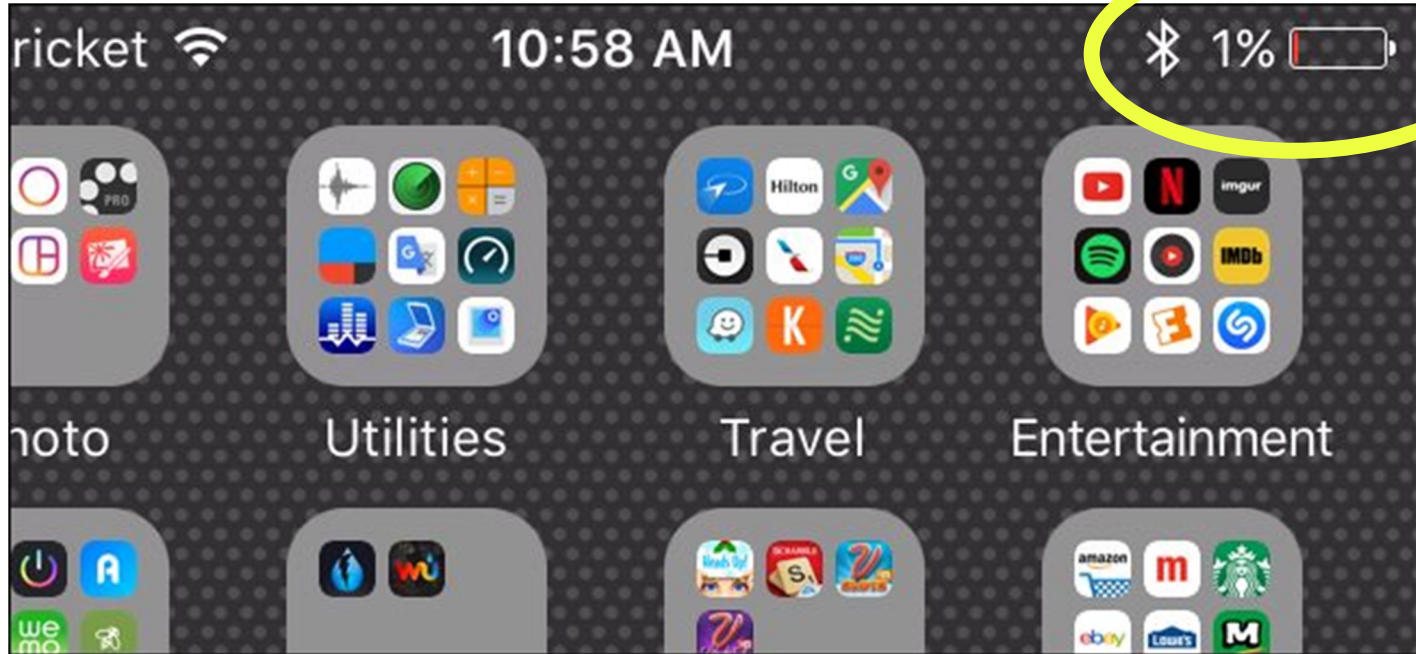




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Source: Solveyourtech.







# TYPES OF SELF-CARE



**PHYSICAL**

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest



**EMOTIONAL**

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness



**SOCIAL**

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help



**SPIRITUAL**

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space



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Source: Drop of Light / Shutterstock.com



**Let's create a world where we can  
all better support one another.**



## Be There Certificate

- ⇒ **How to recognize** signs of struggle
- ⇒ **What to say** to start the conversation
- ⇒ **How to build trust** and offer practical support
- ⇒ Tips to **become a better listener**
- ⇒ The importance of **setting healthy boundaries**
- ⇒ How to help someone **access professional and community resources**
- ⇒ How to **maintain your own mental health**





# OUTCOMES

## PILLARS OF OMM



**social  
connectedness**



**increased  
prosocial  
behaviors**



**self-care &  
healthy habits**



**increased  
help-seeking**

# Thank you!

Lauren Anderson

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