

# House Bill 1834 MEDIA TOOLKIT

## Introduction

In the Spring of 2023, OSPI worked with the Student Voice Network at the Association of Washington Student Leaders (AWSL) to create a media toolkit for school districts. This toolkit is available for all Washington State schools and districts to share on the mental health-related absence rule. The toolkit includes videos, social media posts, and printable handouts. For more information, please read the Media Toolkit Introduction.

## Handouts and Social Media Content

The handouts and social media content can be used to share on school districts social media pages or printed for student handbooks.

- [What is House Bill 1834?](#)
- [Mental Health Brain](#)
- [Student Resources for Mental Health](#)
- [House Bill 1834 Mental Health Stigma](#)
- [7 Ways to Cope with Stigma](#)
- [Mental Health Day](#)
- [AAPI Resources](#)
- [Excused Mental Health Absences \(PDF\)](#)
- [Body & Mind Self-Care \(PDF\)](#)
- [Mental Health Excused Absence FAQ \(PDF\)](#)
- [Mental Health Excused Absence Purpose \(PDF\)](#)
- [Mental Health Day Schedule \(PDF\)](#)
- [Healthy Habits \(PDF\)](#)
- [Take a Mental Health Day \(PDF\)](#)
- [Mental Health Days Are For...\(PDF\)](#)
- [Your Well-Being Matters! \(PDF\)](#)
- [Forms of Self-Care \(PDF\)](#)
- [A Mental Health Day for Students \(PDF\)](#)
- [Mental Health Absence FAQ \(PDF\)](#)
- [Mental Health Q&A for Families \(PDF\)](#)
- [Supporting Your Child \(PDF\)](#)

## Video Content

The video content can be used to share on school districts social media pages, at orientation or health class.



- [Tabitha George, High School Teacher](#)
- [Jordan Hummel, High School Teacher](#)
- [Challenges with implementing Mental Health Related Absences](#)
- [Key Components for a Comprehensive Mental Health Program](#)
- [Claudia Goodhew, High School Counselor](#)
- [Supporting Parents](#)
- [Supporting Students](#)
- [Kayla Gable, High School Teacher](#)
- [Joe McPherson, Elementary School Counselor](#)
- [Graham O'Brien, High School Counselor](#)
- [Kameron Franklin, High School Teacher](#)
- [Maria Mathisen, School Counselor](#)
- [Tyler Needy, High School Counselor](#)

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