The Health Education Framework provides guidance on how to teach the Standards.

For LEAs with a Health* course, the following mental health content will be required in 2022**:

- Themes and core principles of mental health
- Signs and symptoms of depression, suicidal thoughts/behaviors, schizophrenia, bipolar disorder, eating disorders, anxiety, and PTSD
- Evidence-based services and supports
- Warning signs of common mental health problems
- How to seek assistance from professionals and services
- Culturally responsive practices
- Connection to overall health and academic success
- Mental health challenges across populations, ethnicities, SES, cultures, etc.
- How to address mental health stigma

*Includes Life Skills, Social Psychology, Navigating Life, Health & Safety, etc.

**Course design at the LEA’s discretion as long as components are met. Practices include health courses, assemblies, expert facilitators, and/or assigning to qualified teachers.