

Project Summary

By: Reagan Earls, Ariana McCrary, and Kaylynn Stokes

For this project we decided to focus on students' mental health and how it affects their ability to do school work, but also how to stand up for themselves even in times of sadness and despair. In doing so, we brought in our Mental Health Advisor Ms. Megan Puckett to give us some insight as to what it looks like for different people to be struggling with different crises', as well as things we can do as students to help our peers. We also brought in two of our own students who have dealt with their own mental health to help us look into what it is like to advocate for yourself and how to do that when you are overwhelmed, stressed out, or even feeling depressed due to things taking place at school. We hope to help as many students as possible through our project and we can't wait to see the outcome.