

# NKCES MENTAL HEALTH ROUNDTABLES



Unite Today, Lead Tomorrow

**YEAR 5 OUR LARGEST YET!**

- 134 Students | 12 Schools | 11 Districts
- Engaging Experiences: Guest speaker, small-group discussions, self-selected activities, and whole-group collaboration
- Focus: Student leadership development and training



# ONE THING I LEARNED, FELT, OR REALIZED TODAY THAT I WANT TO REMEMBER...

***"I REALIZE THAT MANY STUDENTS SHARE SIMILAR EXPERIENCES WITH ME."***

**"Coping strategies can look different for everyone for a variety of different reasons!"**

**"My biggest takeaway has been learning more about others and mental health! And simply how important the topics of students and mental health are"**

**"That people have different coping mechanisms and that schools are varying on how they treat mental health and bullying."**

**"My biggest takeaway is how we all talked together and discussed everything about our school and mental health. I thought it was great that we all discussed it as kids."**

