**Mental Health Learning Targets**

1. I can explain the three parts of the mental health definition.
2. I am familiar with how to manage stress in my life.
3. I can explain how to achieve high self-esteem.
4. I understand what it means to communicate effectively.
5. I understand how to express my emotions in healthy ways.
6. I can identify causes and symptoms of common mental illnesses.
7. I can identify treatment options for mental illnesses.
8. I can identify the warning signs of depression and suicide.
9. I can recognize the five stages of grief and loss.