



Morgan's Message 2024-2025 Education Program

Morgan's Message provides free educational materials for Ambassadors to utilize within their campus chapters. The table below outlines the recommended order in which Ambassadors will explore and share our resources. All MMEP resources were developed by our [Morgan's Message Medical Advisory Council](#), specifically for use by our Ambassadors. These resources are intended to be presented by the Ambassador(s) to their peers at monthly meetings on campus. Our resources include mental health education, discussion questions, and reflection.

****NOTE:** Resources are intended to be presented in chronological order. After completing sessions 1-3, Ambassadors can select topics for sessions 4-10. All resources are accessible via student login on the MMEP Ambassador portal: <https://morgansmessage.tadhealth.com/>

<u>Phase</u>	<u>Session Details</u>
Session One	<ul style="list-style-type: none"> ● Brief MM overview ● Guiding Principles and group norms/expectations (what this group is / isn't) ● Receive Grounding Tool Kit (PDF on TadHealth)
Session Two	<ul style="list-style-type: none"> ● Intro: What is Mental Health ● Setting Up Our Community as a Courageous Space ● Review Grounding Tool Kit (PDF on TadHealth)
Session Three	<ul style="list-style-type: none"> ● Destigmatizing Mental Health and Language Around Mental Health ● How Does Stigma Impact Mental Health? ● How Can We Begin to Break the Stigma Around Mental Health?
Sessions Four - Six	<ul style="list-style-type: none"> ● Common Mental Health Challenges ● Coping Skills for Stress ● What is a Crisis and Best Practices to Navigate a Crisis ● Suicide and Suicidal Ideation ● How to Support a Teammate ● Navigating Stress
Sessions Seven - Ten	<ul style="list-style-type: none"> ● Navigating Relationships and Setting Boundaries ● Sleep Hygiene ● The Role of Identity in Mental Health ● Eating Disorders and Disordered Eating 101 ● Performance Related Anxiety