



FHS September Mental Health Minute

The City of Fishers has made huge strides in bringing awareness to mental health through the *Stigma Free Fishers Campaign*. Mayor Fadness and his team are working to spread the message throughout Hamilton Southeastern Schools, and are eager to get students involved across all grade levels. Several schools in the district have large brain statues, which were artistically designed to signify different aspects of the brain. These brain statues were featured in downtown Fishers for many weeks prior to arriving in the schools. We are lucky to have three of these brains currently on display at FHS. We have seen many students admiring and discussing the statues, and some classes have even worked the brains into their lessons. A group of FHS mass media students are currently working on a video that gives more information on the brains featured throughout the building. The video will be featured during Smart Period in the next few weeks. We are hoping that the brain statues stir up some conversation with regard to mental health, and gain student interest in our returning club called **Stigma Free Fishers**. During Student Choice Day on Friday, September 22, students will have the opportunity to attend one of two sessions to kick off this year's *Stigma Free Fishers* group. The goal of this group is to reduce the stigma surrounding mental health and provide hope for students and members of the community. Mayor Fadness and members of his team have agreed to join us on Student Choice Day to share why they are passionate about *Stigma Free Fishers*, and how our school can make a difference. If you or your student have questions regarding Stigma Free Fishers, please feel free to reach out to a guidance counselor for more information.

Natalie Ridings

School Counselor

Fishers High School