

# HELPING HANDS FOR MENTAL HEALTH

**S**ome students at Columbia Middle School's Taylor Campus hosted an event on Friday to educate their peers about mental health.

Fifth and sixth graders participating in Compass Mark's Leaders of Future Generations program created the event, where their fellow students learned about reducing the stigma around mental illness, where to get help for themselves or others and how to improve their well-being, according to a news release from Compass Mark.

Station topics included "Personal Stories & Seeking Help," "Suicide Awareness & Prevention," "Yoga & Mindfulness," as well as a mental health awareness game.

The students worked with the nonprofit and with Mental Health America of Lancaster County to create the stations, Compass Mark spokesperson Amy Sechrist said in an email. Staff from Mental Health America of Lancaster County were on site to operate stations at the event.

Compass Mark is a Lancaster County-based organization that focuses on preventing substance use in young people.

For more photos, go to [LancasterOnline.com](https://www.lancasteronline.com).



SUZETTE WENGER | STAFF PHOTOGRAPHER PHOTOS

**TOP:** From the left rear, Lillyana Booher, 12, Keason Roten, 12, and Filo Gendey, 12, all in black shirts, lead a group stretch during a mental health event held by fifth and sixth grade students Friday at the Columbia Middle School Taylor Campus in collaboration with Compass Mark and Mental Health America of Lancaster County. **ABOVE LEFT:** Armani Hammock, 12, and Erreka Anderson, 12, make small posters about mental health at an event table. **ABOVE RIGHT:** Bruno Cervera, center, with Mental Health America of Lancaster County, and Brooke Sanford, 11, speak with kids about mental health.