

# BeHEARD

for Educators

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## What is BeHEARD?

Behavioral Health Education Awareness and Response Development (BeHEARD) is an interactive virtual course designed to help increase your knowledge, skills, and confidence in supporting youth aged 10-17 with behavioral health concerns.

### Topics Covered Focus on Youth and Educators



Depression



Non-Suicidal Self-Injury



Anxiety and Stress



Eating Disorders



Substance Use and Addiction



Sexual Orientation and Gender Identity



Trauma



Neurodiversity



Suicide



Wellness



Grief and Loss



Stigma

## How Do I Take the Course?

To register scan the QR code provided and create an account. Register for BeHEARD for Educators (pi-4521).

Within 24 hours you will receive an email to reset your Brightspace password. Please complete this step. You will receive an additional email once your Brightspace course opens.

Questions? Contact [BeHEARD@sanfordhealth.org](mailto:BeHEARD@sanfordhealth.org)

