



SCHOOL-BASED MENTAL HEALTH

HELPFUL RESOURCES FOR TEACHERS

TEEN MENTAL HEALTH

This guide will lead teachers to a better understanding of different mental disorders. Teachers will learn about common symptoms and criteria of disorders, things to look out for in and outside the classroom, and potential questions to ask when approaching a student who may be of concern.

- <http://teenmentalhealth.org/wp-content/uploads/2015/12/Mental-Health-High-School-Curriculum-Guide-Teacher-Knowledge-Update.pdf>

CHILD MIND INSTITUTE

Child Mind Institute is a nonprofit organization that delivers evidence-based care, tailored to the needs of each child, and work with families and schools to support children when and where they need it most. Educators can utilize this resource to gain insights on learning, behavior, and classroom management techniques. Additionally, teachers can become more aware of behaviors that are commonly confused with other disorders.

- <https://childmind.org/topics-a-z/>
- <https://childmind.org/audience/for-educators/>

CLASSROOM MENTAL HEALTH

This is a helpful resource and serves as a teacher's toolkit for providing a healthy classroom climate, and includes strategies for teachers working with students who may need extra support. Additionally, classroom handouts are provided that target areas including: stress, communication, self-care and wellness, and stigma.

- <https://www.classroommentalhealth.org/>

