

Back-to-School Digital Resource Toolkit

Welcome to the Back-to-School Digital Toolkit for Educators! This digital toolkit has been thoughtfully curated to provide various resources and strategies to support mental health in the school setting. From self-care techniques to fact sheets and online resources to innovative apps, we aim to provide the tools needed to create a positive and nurturing learning environment at school. We hope you find a wealth of information you can share with your colleagues, students, and parents/caregivers.

Fact Sheets:

[80 Self-Care Activities for Teens](#)

[Back to School Health Infographic](#)

[Bullying and LGBTQ Mental Health_MHA](#)

[Bullying Warning Signs_NAMI](#)

[Children's Mental Health Facts_NAMI](#)

[Debriefing and Preparing Students for Active Shooter Drill_NAMI](#)

[Keys for Successful Back-to-School Transition – For Educators](#)

[Mindfulness Activities – Elementary School](#)

[Mindfulness Activities – Middle and High School](#)

[Positive Parenting 6-8_CDC](#)

[Positive Parenting 9-11_CDC](#)

[Positive Parenting 12-14_CDC](#)

[Positive Parenting 15-11_CDC](#)

[Safety at School_MHA](#)

[Sample Crisis Plan Template for Families_NAMI](#)

[Screen Time in Childhood](#)

[Social-Emotional Health 0-8_MDHHS](#)

[Social Media and Body Image for Children and Teens](#)

[Social Media Pros and Cons for Youth Mental Health](#)

[Social Media and Youth Mental Health](#)

[Suicide Warning Signs_NAMI](#)

[Supporting your Child after the Death of a Family Member or Friend](#)

[Teen Depression – More than just Moodiness?](#)

Local Resource Lists:

BACK TO SCHOOL

TOOLKIT FOR EDUCATORS FROM ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH

[St. Clair County Adolescent Services Directory](#)

[St. Clair County Help Card](#)

[St. Clair County Youth Resource List](#)

[St. Clair County Community Mental Health Resource Library](#)

Online Resources:

[988 Suicide & Crisis Lifeline | SAMHSA](#)

A series of resources from SAMHSA to promote the use of the 988 Suicide & Crisis Lifeline, including printable posters, fact sheets, social media shareables, and more.

[The American Foundation for Suicide Prevention](#)

An organization that supports those affected by suicide and suicide loss through research, education, and advocacy.

[Back-to-School](#)

A comprehensive list of health and wellness tips from HealthyChildren.org

[Back to School Resources](#)

A comprehensive library of resources for educators, parents, children, teens, and college students from the National Alliance on Mental Illness. Includes downloadable fact sheets, lesson plans, articles, and more.

[Child and Adolescent Health Fact Sheet Library](#)

Lists of printable resources by topics related to child and adolescent health, behavioral health, parenting, school performance, and more from the Centers for Disease Control and Prevention

[Digital Shareable Resources for Children and Adolescent Mental Health](#)

Fact sheets, social media content, and videos from the National Institute of Mental Health.

[Disability Language Style Guide](#)

A helpful guide which covers words and terms commonly used when referring to disability.

[Recovery Oriented Language: Words Matter](#)

A guide to recovery-oriented language in mental health and human services

Online Resources (continued):

[It Gets Better](#)

Information and resources to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth

[The Jed Foundation](#)

The Jed Foundation is a nonprofit that works to protect emotional health and prevent suicide among teens and young adults.

[The National Child Traumatic Stress Network](#)

Information, downloadable fact sheets, and resources on childhood trauma, bullying, community violence, natural disasters, and school-based violence.

[Online Safety Information and Resource List](#)

SchoolSafety.gov features a variety of resources that school communities and families can use to help prevent and protect against online threats, including tip sheets, links to videos, lessons, webinars, and more.

[PFLAG](#)

PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people

[Parents and Caregivers of Children](#)

Warning signs that your child may be struggling and how to talk to children about mental health from the Substance Abuse and Mental Health Services Administration

[Self-Care Resources for Educators and Other Helping Professionals](#)

Mindful Teachers is a webpage with practical tips, links, reflections, and mindfulness practices to help you cope with the common challenges faced by educators and other helping professionals.

[Talking to Children About Violence: Tips for Families and Educators](#)

Tips from the National Association of School Psychologists.

[Talking to Kids about School Safety](#)

A guide for parents on discussing school violence from Mental Health America.

Online Resources (continued):


[The Trevor Project](#)


The Trevor Project works to prevent suicide among lesbian, gay, bisexual, transgender, queer & questioning young people through crisis services, peer support, research, advocacy, and education.

[Seize the Awkward](#)

Seize the Awkward is a video project of the Jed Foundation geared towards youth. It focuses on the idea that while expressing to a friend that you're worried about them may feel complicated or awkward, you can move past the awkwardness and start a helpful/meaningful conversation.

Apps and Other Tools:

 **headspace** **Headspace** is a meditation and mindfulness app with a selection of FREE resources for Michiganders. To access guided meditations and mindfulness activities, click here: <https://www.headspace.com/mi>.

 **Talkspace** is the leading online therapy platform, providing convenient and confidential access to licensed therapists. With Talkspace, you can receive professional therapy from the comfort of your own home. Talkspace connects you with a dedicated therapist who can provide personalized support and guidance for managing stress, anxiety, depression, or other mental health concerns. Through secure messaging, live video sessions, and a range of therapy options, Talkspace makes therapy accessible, flexible, and effective. **SCCCMH is offering a limited amount of free three-month trials for Talkspace for St. Clair County residents. To learn more, visit: <https://scccmh.org/talkspace/>**

Additional Toolkits and Resources Provided by SCCCMH:

[LGBTQIA+ Resource List](#)

[Mental Health in the Workplace: A Resource Collection for Employers](#)

[Mental Health First Aid – St. Clair County Community Mental Health](#)

[Supporting the Mental Health of Athletes: Coaches Toolkit](#)

About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) is dedicated to providing comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, health care providers, businesses, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the clearinghouse of information and behavioral health resources for all living and working in St. Clair County. Our crisis response services are available to any person of any age in St. Clair County, 24 hours a day, seven days a week, regardless of insurance status.

To access or inquire about treatment services, call: 1-888-225-4447

For crisis support for a mental health emergency, call: 1-810-966-2575

To learn more about the services and supports available at SCCCMH, visit: www.scccmh.org.

Quick Links to SCCCMH Informational Brochures:

[How We Help - Overview of SCCCMH Services](#)

[Child & Family Services](#)

[Treatment Services For Mental Illness](#)

[Treatment Services for Substance Use Disorders](#)

[Treatment Services for Intellectual/Developmental Disabilities](#)

News and Events:

Keep up with what's happening at SCCCMH! Join our monthly email newsletter by clicking [here](#). Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.