



2023 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 and Mental Health – Is this just a stage? – Parent Guide_NIMH](#)

[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?](#)



Resource Lists:

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

[St. Clair County Help Card](#)

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

Online Resources:

[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

[Children's Mental Health](#)

Information about anxiety and depression in children 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.

[It Gets Better](#)

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



Online Resources (continued):

[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.

[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

[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

[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 series project of the Jed Foundation geared towards youth that focuses on the idea that while it may feel a little complicated or awkward to express to a friend that you're worried about them, you can move past the awkwardness and start a helpful/meaningful conversation.

Apps and Other Tools:



headspace **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 Self-Guided:

Talkspace Self-Guided is an innovative app allowing users to control their mental wellbeing from the comfort of their own devices. Whether you're seeking guidance for managing stress, anxiety, depression, or self-improvement techniques, the Talkspace app offers a wide range of resources and tools. From interactive exercises and meditations to helpful articles and expert advice, this app empowers you to navigate your mental health journey at your own pace. **SCCCMH is offering a free 1-year subscription to Talkspace Self-Guided for St. Clair County residents. To learn more, visit: <https://scccmh.org/talkspace-self-guided/>**

Talkspace Online Therapy:

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/>**

A special note about Talkspace for educators and school personnel - You dedicate your time and energy to shaping the minds of future generations, and it's essential to prioritize your mental health and wellbeing. With Talkspace, you can access professional therapy from the convenience of your own device, making it easier than ever to fit self-care into your busy schedule. At SCCCMH, we encourage you to take care of yourself to continue to inspire and empower your students. **Your mental health matters and you deserve the support you need.**



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, 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 enquire 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 wide variety of services and supports available at SCCCMH, visit our website at: www.scccmh.org.

Quick links to SCCCMH Informational Brochures:

[How We Help – Your Guide to Services and Supports at SCCCMH](#)

[SCCCMH Child and Family Services](#)

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.