

Mental Health In School

Why We Care?

The last year has been challenging for everyone. Even at the beginning of the pandemic, one survey found that **29% of parents** believed their child's mental or emotional health was already harmed due to uncertainty and fear.

Taking the pandemic out of the equation, kids have to deal with a lot of daily stress. Whether it's handling a hard home life, dealing with social issues, or struggling in school, it's not uncommon for their mental health to suffer.

Where We Stand

Schools in collaboration with communities can play a vital role in identifying and treating children with emerging mental health needs, in addition to offering more intensive, ongoing services for those with chronic disorders.

Where we can start

When your students trust you, the best way you can be an advocate for their mental health is to listen and guide.

Implement Healthy Coping Mechanisms

Try to implement some of the following into your daily class routine:

- Stretching
- Meditation
- Light exercise
- Journaling
- Sharing gratitude
- Mindfulness

Fight for Positive Changes

Far too often, students don't come forward with their mental health struggles because they have heard negative stereotypes about such things or they might not know who to turn to for help. Make your role as an advocate known. Even if you can only help one student at a time, it gives you a great start and opens the door for other teachers to see how important students' mental health really is.

Giving kids a natural, familiar setting to share their struggles
Increased staff knowledge of signs of mental health issues
Equal to = better mental health services in school area