

Prioritizing Student Mental Health: Resources for Schools



Support your students' mental health during **Student Mental Health Awareness Week and Mental Health Awareness Month** with these resources for schools. From adverse childhood experience storytelling to suicide prevention toolkits and resiliency programs, these resources can help you further create a nurturing learning environment for your students.

[CalHOPE Schools Initiative](#)

The CalHOPE Schools Initiative links three powerful resources together at one easy access point for California educators: A Trusted Space: Redirecting Grief to Growth; Angst: Building Resilience; and Stories of Hope: SHORTS.

[Greater Good Education Program](#)

Implement social and emotional learning (SEL) programs in schools and classrooms.

[Care, Cope, Connect](#)

Access a guide to support families of young students who may be feeling fear, anxiety, or loss.

[Youth Mental Health First Aid Trainings](#)

Teachers, counselors, and other staff supporting students can learn how to help young people experiencing mental health challenges and how to recognize warning signs.

[Center for Resiliency, Hope and Wellness in Schools](#)

Create nurturing school environments with evidence-based trauma and early intervention strategies.

[Teachers and Staff School Well-Being Toolkit](#)

For teachers and school staff to practice self-care and support the well-being of their school community.

[Healthy Minds, Thriving Kids](#)

Evidence-based resources to teach your students the mental health skills they need to be ready to learn.

[Suicide Prevention | A Toolkit for High Schools](#)

Learn what to say to someone you know who may be at risk.

Visit the *Children and Youth Mental Health Resource Hub* for more information:

www.chhs.ca.gov/youthresources



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Directing Change

A film contest for secondary students and young adults to increase suicide prevention and mental health awareness and reduce stigma.

Complete a Mental Health Spirit Day Activity by Children's Mental Health Awareness Day on May 11 and win a pizza party! Young people up to age 25, schools, and organizations are eligible to participate.

Submit to the Hope and Justice Art and Film Contest

The prompt for May is *Take Action for Mental Health*. Paint, write, or sing about changes you hope to see in yourself or in your community when it comes to mental health and acceptance of young people who are experiencing a mental health challenge.

View Films and Vote!

Directing Change is once again hosting a People's Choice Award. Watch all the statewide finalists in Suicide Prevention and Mental Health Matters and vote for your favorite! Then share your favorite films on social media.

11th Annual Red Carpet Screening and Awards Ceremony hosted by the Directing Change Program at the Theatre at Ace Hotel in downtown Los Angeles on May 16 at 11 a.m. You will be inspired by short films about mental health and suicide prevention created by youth across California.

LivingWorks | Suicide Intervention

Recognize when someone is thinking about suicide and how to help connect them to help and support.

Teen Line

A warmline staffed by trained teen supporters who are available via phone, text, and email.

Wellness Education Lab

Free 60-min online mental health literacy trainings for students, staff and families.

GritX

An app developed by UCSF to help young people cope with trauma, manage emotions, and improve mental well-being.

CYANONLINE

Digital social media focused on how quitting vaping improves students' mental health.

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