

Mental Health Toolkit for Schools

75% of mental illnesses begin by age 25, yet most people do not start treatment until 8-11 years after their symptoms begin. How can you support the mental health of your students?



Promoting Mental Health in Schools



- **Train staff** with evidence-based Mental Health Literacy education
- **Teach students** an evidence-based Mental Health Literacy curriculum
- Take a moment to **check in with all of your students**—ask directly about their mental health
- **Use sleep-friendly** assignment **deadlines** (ex. 8:00pm instead of 11:59pm)
- **Implement flexible grading** policies that allow for imperfection (bonus points, 1 dropped score, retakes, etc.)

Warning Signs



Warning signs a student may need mental health treatment:

- Change in sleep or appetite
- Irritability
- Lack of interest or pleasure
- Fatigue, difficulty concentrating
- Unexplained physical symptoms
- Actively or passively talking about wanting to die
 - Ask immediately and directly, “Are you thinking of harming yourself?” and do NOT leave them alone if the answer is yes. Call 988 or contact mental health staff at the school.

Grounding Techniques



- Box breathing
- Mindfulness meditation
- Progressive muscle relaxation
- Journaling
- 5-4-3-2-1: list 5 things you see, 4 things you hear, 3 things you feel, etc.

Our Programs

Learn about our MHL programs at www.mentalhealthcollaborative.org