



BACK-TO- SCHOOL

RESOURCE TOOLKIT

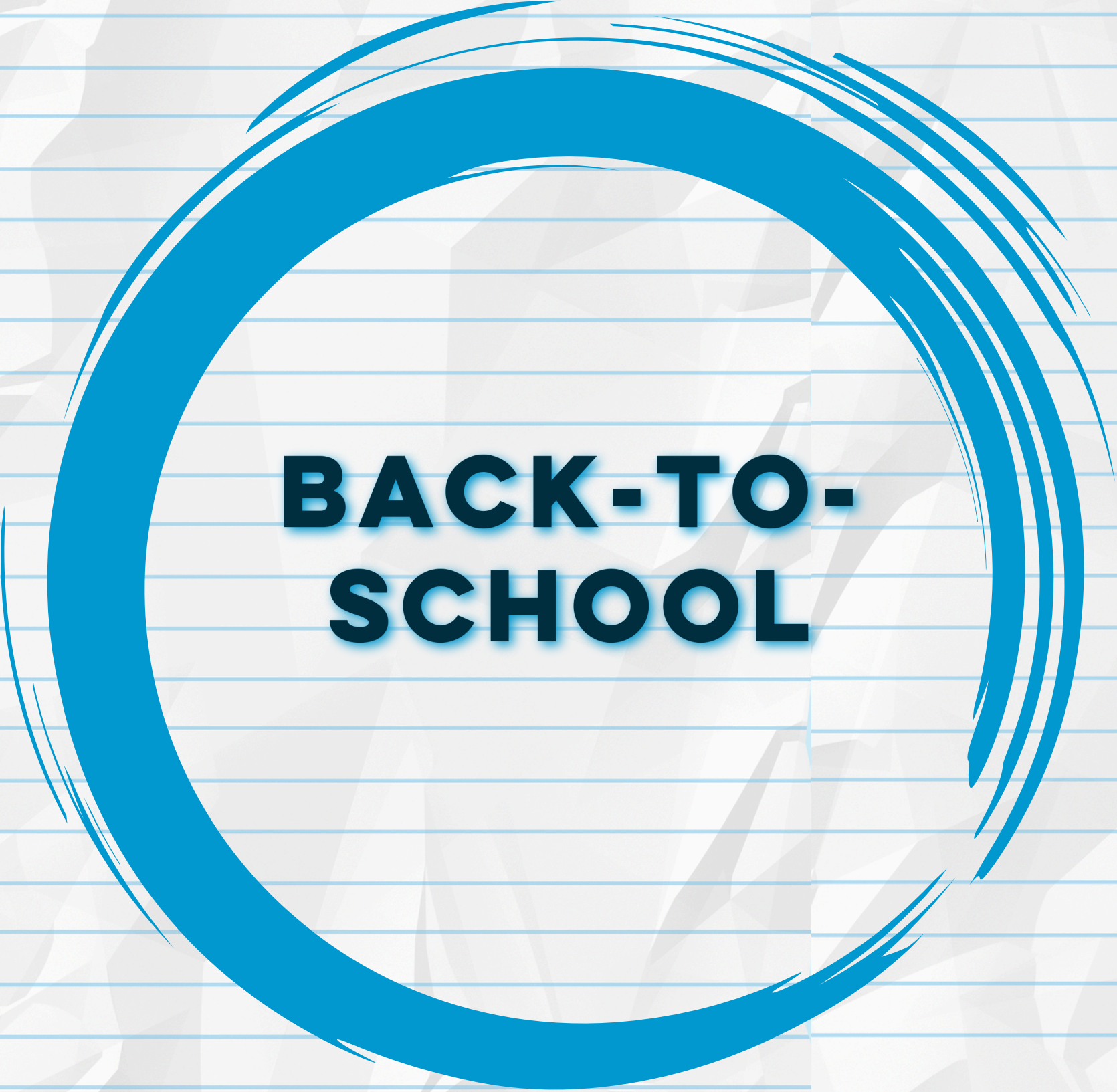


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*All data and links were accurate at the time of publication, but may change over time.



**BACK-TO-
SCHOOL**

INTRO



The transition back to school can stir up a whirlwind of emotions – excitement, anxiety, overwhelm, and everything in between. Whether it's a young student facing social pressures, a caregiver juggling schedules and expectations, or an educator managing classroom dynamics, the start of a new school year can present unique mental health challenges. This FYF toolkit is designed to provide tailored resources to each of these groups. We hope you can enter into a new school year feeling supported, healthy, and part of a community.

***All data and links were accurate at the time of publication, but may change over time.**

FOR URGENT SUPPORT TEXT OR CALL 988

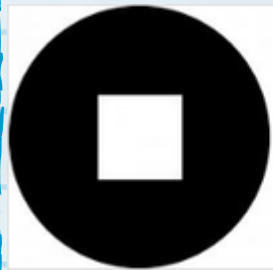
FOR EVERYONE



The back-to-school season isn't just a reset for students – it's a transition for entire families and school communities. A central resource can help everyone navigate this period with confidence and support. The Mental Health Coalition offers an online library with a wealth of support for all age groups, from tips on easing back-to-school anxiety in children to strategies for managing burnout in adults. With guidance on stress and self-care, the collection empowers individuals and families to create healthy routines as the school year begins.

ACTION:

As your family or classroom gears up for the new academic year, check out the Mental Health Coalition's Resource Library to find age-appropriate tools and insights.



RESOURCE LIBRARY

Find mental health resources & help for anxiety, stress, depression, grief, therapy, parents, LGBTQ+ and BIPOC communities & more.

● The Mental Health Coalition



FOR YOUTH



Starting a new school year or dealing with big changes can feel overwhelming – but you don't have to navigate it alone. Having a trusted adult – like a parent, teacher, counselor, or mentor – can help you sort through your emotions, offer advice, or just listen when you need to vent. Leaning on someone who genuinely cares about your well-being is a powerful step towards mental well-being.

ACTION:

Use this guide from the National Alliance on Mental Illness (NAMI) to learn why having a trusted adult matters and how you can identify one in your life.



Finding a Trusted Adult

Reaching out about mental health can be or feel overwhelming, embarrassing or just hard. Choosing someone to confide in is an important step to getting the help you need.

Who can be a trusted adult?	What is a trusted adult like?*	How to start a conversation
<ul style="list-style-type: none">Parent, stepparent, guardian or older siblingOlder relative (cousin, aunt or uncle) or grandparentParent or guardian of a close friend or neighborTeacher or coachFaith leaderCounselorPeer support worker	<ul style="list-style-type: none">Respectful<ul style="list-style-type: none">They don't make you feel inferior and don't push your comfort levels.Non-judgmental<ul style="list-style-type: none">They don't judge you based on your appearance, values or decisions, even if they don't agree with them.Trustworthy<ul style="list-style-type: none">They keep vulnerable information secret and ask permission before telling anyone. They also know when it's not ok to keep a secret: times when someone may be a danger to themselves or someone else and professional help is needed.Accountable<ul style="list-style-type: none">They admit when they're wrong and try to make things right when they make a mistake.Helpful<ul style="list-style-type: none">They know when to offer solutions and when to just listen.Thoughtful<ul style="list-style-type: none">They are attentive and mindful listeners. They act and react with love, kindness and patience. <p><small>*Source: YouthSMART, https://www.youthsmart.org/how-to-identify-trusted-adult/</small></p>	<p>Once you've picked out someone you trust to talk to, decide when and where you want to have a conversation. Choose what will make you most comfortable.</p> <p>Make a plan</p> <ul style="list-style-type: none">Plan what you want to sayFind a private space to talk.Explain as clearly as you can how you're feeling.Share how they can best support you. Discuss possible next steps.Keep the conversation going.Tip: If you're not sure if you can confide in your trusted adult, test them on something small.<ul style="list-style-type: none">Example: "I'm thinking about dying my hair purple. What do you think?" <p>If they are not supportive</p> <p>Adults were your age once, and most of them want to help however they can. Some adults might be scared or confused or might not be very good listeners. If your conversation starts to go in a way you don't like, give the adult some time. If you aren't receiving the support you're looking for, it might be that this adult isn't the right fit, and you need to reach out to another adult.</p> <ul style="list-style-type: none">Talk to someone else in your family/network.KEEP TRYING!<ul style="list-style-type: none">It can be hard to find someone you feel comfortable confiding in. Many people care deeply about you. Be brave and keep asking for help!

NAMI NAMI Helpline Call: 1-800-950-NAMI (6264) | Text: "helpline" to 62640 | Chat: nami.org/help

FOR PARENTS & CAREGIVERS



Harvard Health's "Mindscape" is a mental wellness platform to support teens and caregivers on their mental health journey. Mindscape supports caregivers by offering tools to help them navigate the emotional ups and downs of supporting young people – especially during transitions like going back to school.

A colorful illustration of a landscape with winding paths. Labels include: "TENSION at HOME" (near a house), "ASSISTANCE" (near a bridge), "PERSONAL GROWTH" (near a field), "FOREST of DISTRESS" (near trees), "RELATIONSHIP RIFTS" (near a path), "WAYS to COPE" (near a path), "HEALTHY RELATIONSHIPS" (near a mountain), "STRESS at SCHOOL" (near a school building), "GUIDANCE" (near a compass), and "SELF DOUBT" (near a pond).

Mindscape - Youth mental health resources for teens, parents, educators...

Find youth mental health resources for teens, parents, educators, and caregivers. Access support...

harvard.edu

ACTION:

Nurturing a young person's mental health takes collaboration. Explore the essential healthcare and school-based resources available from Mindscape here.



FOR EDUCATORS & PROFESSIONALS



The Georgia Department of Education's (GaDOE) Mental Health Awareness Training (MHAT) program offers customizable sessions on topics like suicide prevention, trauma, and educator wellness, tailored for diverse roles across school communities. The MHAT program brings high-quality, evidence-informed and evidence-based training to schools and districts throughout the state, regardless of location or size, and is designed to support the mental health awareness of educators and school staff at all levels of prevention and intervention. These trainings are a great opportunity for professional development or to build a mental health initiative!

ACTION:

Consider scheduling an MHAT training today by accessing the catalog of courses. Trainings are available by request and can be scheduled through RESAs or GaDOE.

Mental Health Awareness Training 2024-2025 Course Catalog

A RESA/GaDOE Collaboration





QUESTIONS? CONTACT

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