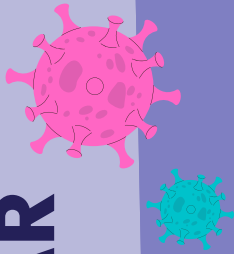


# SUPPORTING YOUR STUDENTS THROUGH ANOTHER PANDEMIC SCHOOL YEAR



We've been in the middle of the Covid-19 Pandemic for over a year & a half, & at this point it might be difficult to remember how important safety is for our mental health. An estimated 1.5 million children worldwide lost a parent or caregiver in the first 14 months of the pandemic. Because of that, so many kids & teens haven't felt a sense of safety for a long time. Safety is vital & if those needs aren't met it's difficult to learn & the risk of developing a mental health condition increases. So how can you support your students through another pandemic school year? We have some tips for you below.



## HOW CAN YOU HELP?

- Work to foster a safe and secure school environment
- Let students know that support is available - become familiar with the resources your school provides
- Understand that students may exhibit symptoms of depression and anxiety as they return to the classroom - if you see these or other behaviors that pose barriers to learning, make a SAP referral - let the team "rule-out" the need for a behavioral health screening and help you identify unmet needs & lagging skills
- If a student displays serious signs that they are in crisis, like thoughts or plans of hurting oneself or others, escort the student to the counselor or an administrator - make sure you know the phone number of the crisis services in your county
- If you think a student is in immediate danger of taking suicidal action outside of school hours, call the National Suicide Hotline at 1-800-273-TALK
- Explore [Mental Health America's Back To School Toolkit](#) for more great tips and resources!

