TIPS SHEET: Back to School Mental Health Awareness

Back to school can be a stressful time for students, especially as we navigate it in a virtual world. There can also be many other factors that affect your student’s mental health and it is important to learn how to support them. Mental Health is a vital factor in helping children reach developmental and emotional milestones, as well as helping them learn healthy social skills and positive coping strategies.

What is Child Mental Health?

- Mental Health is defined as, a person’s condition with regard to their psychological and emotional well-being.
- Mental health is often a response to what is going on in a child’s life.
- Just because your child might be struggling with their mental health, does not mean that it’s permanent.

Warning Signs

- Some signs that your child might be struggling with their mental health include feeling sad or down, extreme mood swings, withdrawal from friends and family.
- You might notice significant tiredness, low energy or problems sleeping, as well as excessive fears or worries.
- Other signs include, poor appetite or overeating, school refusal, frequent outbursts, diminished interest, somatic (physical) complaints, or self-injury.

Why Talk About It?

- Child Mental Health is no different than a student’s physical health.
- The more we begin to normalize students’ mental health needs, the more we can begin to support them.
- It’s ok to talk about mental health and seek treatment for your child if needed.
- Parents are the greatest resource students can have regarding their mental health.

Resources

- What you can do at home- talk to your child daily, do temperature checks, create a routine to promote consistency, teach and reinforce positive behaviors, and as a parent, care for your own mental health.
- Mental Health Cooperative Mobile Crisis: 615-726-0125
- Vanderbilt Emergency Room: 615-343-2996
- National Suicide Prevention 24/7 Lifeline: 1-800-273-8255
- Reach out to your student’s school counselor for a referral for free counseling through MNPS.
- Email SupportFamilies@mnps.org