

Wellness Resource Services

5 STEPS FOR SUPPORTING STUDENTS' MENTAL HEALTH



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SET THE TONE

01

Create an environment that is supportive of students' mental health and well-being in your classroom. Think through the structure of your class and how it may impact a student's mental health and well-being.

- » Include discussions related to mental health struggles
- » Keep in mind the impact an assignment, reading, activity, etc. may have on a student's mental health
- » Show compassion and consider allowing for informal adjustments with your student's responsibilities as appropriate



OBSERVE

02

Tune in to possible symptoms of mental health struggles. Students may not even realize they are experiencing mental health issues. Your ability to recognize when a student is struggling can be the first step in helping them get the support they need.

If you observe any of the following behaviors, it may indicate a need for mental health support:

- » Social Withdrawal
- » Declining academic, work, or athletic performance
- » Lack of personal hygiene
- » Inability to cope with minor problems



NON-JUDGMENTAL MINDSET

03

Give the benefit of the doubt.

Try to avoid making a judgment about the situation. It may be helpful to consider these questions:

- » What is going on for them?
- » Why might they be responding in this way?
- » What is the root of the problem?

The goal of these questions is not to find a specific answer, but to see the situation for what it is through another perspective without assigning a personal belief to it (i.e., it is right or wrong, good or bad) or assume we know all the aspects of the situation. Being non-judgmental does not mean you approve of what is, but rather you are objective and accept what is.



ACTIVELY SUPPORT

04

- » Share with your student your concerns and help them access support
- » Utilize resources provided to you by Wellness Resource Services and the **Cyclones CARE Team**
- » Consult with the Mental Health Professional
- » Be familiar community resources available
 - » 24-hour Local Crisis Response Team (serving Benton, Sherburne, Stearns and Wright counties) **1-800-635-8008**
 - » National Suicide Prevention Lifeline **1-800-273-TALK (8255)**



REFER

05

If you have concerns for one of your students, completing a referral form to the Cyclones CARE Team is the best way to help get students connected to services available. To refer students who may need mental health support, complete a **Cyclones Care referral form** and check the “This is a mental health referral” box.