



## School Educator Resources on Mental Health

These mental health resources have been compiled specifically for educators to increase the mental health resources available for schools.

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### Resources for School Educators on mental health:

#### Mental Health Stigma Reduction

- *Colorado Education Initiative*

Colorado Framework for School Behavioral Health Services Mental Health Stigma Reduction

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/03/28.-CEI-Created-Mental-Health-Stigma-Reduction.pdf>

- *National Alliance of Mental Illness (NAMI)*

The StigmaFree campaign is NAMI's effort to end stigma

<https://www.nami.org/Get-Involved/Take-the-stigmfree-Pledge>

<https://www.nami.org/StigmaFree-Me>

#### Resilience and Mindfulness

- *American Psychological Association (APA)*

Resilience Guide for Parents & Teachers

<https://www.apa.org/helpcenter/resilience>

- *Child Mind Institute*

The Power of Mindfulness

<https://childmind.org/article/the-power-of-mindfulness/>

Mindfulness in the Classroom

<https://childmind.org/article/mindfulness-in-the-classroom/>

Mindful Parenting

<https://childmind.org/article/mindful-parenting-2/>

- *Positive Psychology*

25 Fun Mindfulness Activities for Children and Teens (+Tips!)

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

- *University of Washington*

Relaxation Script for Younger Children

[https://depts.washington.edu/hcsats/PDF/TF-](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Relaxation%20Script%20for%20Younger%20Children.pdf)

[%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Relaxation%20Script%20for%20Younger%20Children.pdf](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/4%20Emotion%20Regulation%20Skills/Client%20Handouts/Relaxation/Relaxation%20Script%20for%20Younger%20Children.pdf)

- *Vanderbilt University*

Progressive Muscle Relaxation for Children

<https://www.mc.vanderbilt.edu/coe/tfcbt/workbook/Relaxation%20&%20Affective%20Expression/PMR%20Script.pdf>