



Teacher Resources on Mental Health

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

Resources for Teachers on specific mental health conditions:

ADHD

- Children and Adults with ADHD (CHADD) - <https://chadd.org/understanding-adhd/adhd-fact-sheets/> (scroll down to “for educators”)
- Establishing a Daily Report Card - https://ccf.fiu.edu/assets/pdfs/how_to_establish_a_school_drc.pdf

Trauma

- National Child Traumatic Stress Network (filter by “school personnel” as the target audience) <https://www.nctsn.org/resources/all-nctsn-resources>

Anxiety

<https://anxietycanada.com/resources/educator-resources/>
<https://childmind.org/article/classroom-anxiety-in-children/>

Autism

National Education Association Guide for Teachers - <http://www.nea.org/home/18459.htm>
Organization for Autism Research Teacher’s Corner - <https://researchautism.org/education/teachers-corner/>

Suicide Prevention and Intervention

- National Suicide Prevention Lifeline - www.suicidepreventionlifeline.org or 1-800-273-TALK (8255)
- The Trevor Project (crisis intervention and suicide prevention for LGBTQ youth) - www.thetrevorproject.org or 1-866-488-7386
- American Foundation for Suicide Prevention - www.afsp.org

Additional recommended resources for teachers:

- Teaching emotions in the classroom - <https://proudtobeprimary.com/emotions-for-kids/>
- Vanderbilt Center on the Social and Emotional Foundations of Learning: <http://csefel.vanderbilt.edu/resources/strategies.html>