

# Mental Health Connectedness Resources for Schools



*While these are recommendations for implementation, please note some programs may be more suitable for whole-group or smaller groups based on the population at your school.*

## Tier 1: Universal or Whole Team Supports

*Use these tools and resources as whole-staff programming.*

RESOURCE	PURPOSE
<a href="#">Harmony Inspire</a>	Educator Stress
<a href="#">Find your Words</a>	Mental Health Awareness + Asking for Help
<a href="#">Planning for the Next Normal at School Playbook</a>	Mental and Physical Health in School Settings
<a href="#">Panorama Growth Circles</a>	Self-Efficacy + Growth Mindset
<a href="#">Panorama Adult SEL Survey</a>	Well-Being Assessment + Action Planning
<a href="#">Bruce Perry's Stress and Trauma Resources</a>	Stress, Distress, and Trauma Video Series
<a href="#">Panorama Playbook for Educator Resilience</a>	Educator Resilience
<a href="#">Mindful Teachers Website</a>	Self-Care Practices + Resources

## Tier 2: Small Group Supports + Tools for Some

*Use these tools + resources for smaller groups like professional learning communities (PLCs), or parts of your department.*

RESOURCE	PURPOSE
<a href="#">Panorama Adult SEL Activities</a>	Identity Development + Team Building
<a href="#">Brene Brown's "Daring Greatly Educator Read-Along"</a>	Mental Health Connected Culture
<a href="#">Tina Boogren's "180 Days of Self-Care for Educators"</a>	Well-Being Action Planning + Educator Stress
<a href="#">Kaiser Permanente "Ready Set RISE" Module</a>	Educator Well-Being
<a href="#">Emily Nagoski's "Burnout" Book Study</a>	Stress Management + Well-Being Action Planning
<a href="#">Kaiser Permanente Arts Integrated Resources</a>	Stress Management + Trauma Informed Strategies
<a href="#">Resilience in School Environments (RISE) Index</a>	Policies and Practices Inventory
<a href="#">Psychologically Healthy Workforce Score Sheet</a>	Well-Being Assessment + Action Planning

## Tier 3: Individual or One-on-One Support for Few

*Use these tools + resources for one-on-one support and connection to outside resources.*

RESOURCE	PURPOSE
<a href="#">Supporting A Person With A Mental Health Concern</a>	Supporting One Another In Crisis
<a href="#">Ready, Set, Rise</a>	Well-Being + Trauma Informed Strategies
<a href="#">Kaiser Permanente Self-Care Resources</a>	Stress Management + Well-Being
<a href="#">Mental Health America Mental Health Assessments</a>	Mental Health Online Screening
<a href="#">The Teacher Self-Care Podcast</a>	Educator Stress + Well-Being
<a href="#">Teaching With Mental Health in Mind FB Group</a>	Community Building + Connection



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