# **Mental Health Support**

Student mental health is an important part of learning. A student does not need to be in crisis to benefit from the resources that have been created to support the mental health of our students.

## **Social-Emotional Learning (SEL)**

SEL helps people understand and manage their emotions. Through SEL people learn how to apply knowledge, modify attitudes, and use skills that are necessary for long-term success.

SEL includes learning how to:

* set and achieve positive goals
* feel and show empathy for others
* establish and maintain positive relationships
* make responsible decisions

[Social-Emotional Learning Resources Website](https://sites.google.com/inspireschools.org/social-emotional-learning)

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## **Students In Crisis**

If you have (or think you may have) a student in crisis, here are some resources that may help.

[Crisis Hotlines](https://sites.google.com/inspireschools.org/social-emotional-learning/crisis-hotlines?authuser=0) [Coping with Known (or Unknown) Trauma](https://docs.google.com/presentation/d/1m4v0mtCjWx00JT0xtOxKJZHYlq-hqybH5nLg2l2wEpw/edit?usp=sharing) [Grief Support](https://sites.google.com/inspireschools.org/social-emotional-learning/grief-supports?authuser=0)

## **Helping Students Cope with a COVID Impacted World**

COVID has had an impact on all of our lives. You can find some resources to help your student cope on this page of the SEL site.

[COVID-19 Resources](https://sites.google.com/inspireschools.org/social-emotional-learning/covid-19-coping-resources?authuser=0)