



Back to school mental health and well-being checklist and resources for parents and children

As you prepare for the beginning of the school year, there are steps you can take to ease anxiety and manage stress. To help you and your children with this effort, we've put together the below checklist and provided some resources to help you along the way¹.

- Be proactive and contact your local school to find out what safety procedures are in place. The more you know, the more you can plan for what works best for you and your family.
- Communicate with your children about what safety procedures are in place in the upcoming school year. Preparing ahead can ease stress and anxiety.
- Make time to talk to your children and discuss any anxiety or worries about returning to school. Find answers to their unknown questions when possible.
- Limit your time watching the news and searching online media. What we focus on affects our mood.
- Focus time and energy on things that bring you happiness and peace.
- Reach out to others (support groups, friends, church groups and local organizations) for support.
- Practice mindfulness in your day-to-day routine.
- Try journaling to help process emotions.
- Focus on self-care.
- Get enough sleep.
- Go for a walk or enjoy a physical activity each day.
- Combat negative thinking with gratitude.

Did you know?

Research shows that some of the most effective ways to help prevent violent events can be through these key areas of life:²

- Learning stress management skills
- Understanding conflict resolution and what is helpful
- Having empathy for others
- Building skills for changing unwanted behaviors
- Learning the signs to look for when someone is distressed before a crisis occurs

You can develop coping skills to help yourself and your children approach life challenges with confidence. We are here to help.

Resources for Living[®]

Local and national resources

- **Uvalde ISD** — Provides a listing of local mental health providers, offers school-based counseling/support services, and has lists of community assistance programs:
 - <https://www.ucisd.net/Page/1922>
- **National Parent Helpline** — Provides parents with emotional support by trained advocates.
 - <https://www.nationalparenthelpline.org/>
 - **1-855-427-2736**
- **Everytown for Gun Safety** — Provides gun violence prevention information specific to each state.
 - <https://www.everytown.org/state/texas/>

Crisis resources

- **Hill Country Mental Health & Developmental Disabilities Center** — Provides crisis support counseling to those impacted by the Uvalde school shooting.
 - **1-888-690-0799**
- **211** — Texas Health and Human Services Commission program available 24 hours a day to provide information about basic needs, mental health and disaster assistance.
 - <https://www.211.org/>
- **The Disaster Distress Helpline** — Provides immediate counseling to anyone who is seeking help in coping with the shooting at Robb Elementary School.
 - Call or Text **1-800-985-5990**
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Online resources for parents and teachers

- **The National Association for the Education of Young People** — Provides information about talking to young children about coping with tragedy and violence.
 - <https://www.naeyc.org/resources/topics/coping-stress-and-violence>
- **The American Psychological Association** — Offers information on talking to children about school shootings and managing distress.
 - <https://www.apa.org/topics/gun-violence-crime/shooting-aftermath>
- **The American School Counselor Association** — Offers information, webinars, and resources to help children after a school shooting.
 - <https://www.schoolcounselor.org/Publications-Research/Publications/Free-ASCA-Resources/After-a-School-Shooting>

Crisis & disaster resources

- **Colorín Colorado's website** is for educators and families and offers 15 tips for talking with children about school violence. The site also offers information specific to the shooting in Uvalde, TX.
 - <http://www.colorincolorado.org/article/15-tips-talking-children-about-school-violence>

Call us 24 hours a day for in-the-moment emotional well-being support. Services are free and confidential.

The EAP is administered by Resources For Living, LLC.

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