



Mental Health Resources for Back to School

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Families across the country are adapting to the evolving changes in daily life caused by the COVID-19 pandemic. When schools closed in March 2020, Ohio's families and school-aged children experienced many changes, including changes in daily routines, lack of predictability, increased fears about their safety, the safety of loved ones, and extended periods of isolation. In some cases, children may have experienced other related trauma such as: loss of a loved one, limited access to food and safe shelter, and ongoing safety and security concerns (abuse, neglect, exposure to violence).

Parents, caregivers and school staff will need to consider the impact of these experiences when planning to support children in their transition back into the traditional, hybrid or virtually-based school year. The following is a list of resources, curated by our team at OhioMHAS and aimed at supporting the mental health of students, parents, caregivers and school staff upon returning to school and throughout the year.

Target Audience	Resource
School Administrators	Returning to School: Supporting the Social, Emotional and Behavioral Health of Students and Staff http://education.ohio.gov/Topics/Reset-and-Restart/Returning-to-School-Supporting-the-Social-Emotio
Parents and Caregivers	Mental Health Addiction and Recovery Services Board of Lorain County's Family Toolkit https://www.livebinders.com/play/play/2044153?tabid=81229e47-b220-86b7-d042-5e85c8c3b773
Parents and Caregivers	Mental Health During COVID-19: Signs Your Teen May Need More Support https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx
Parents and Caregivers	Helping Children Cope With Changes Resulting From COVID-19 https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19

Parents and Caregivers	Supporting Teenagers and Young Adults During the Coronavirus Crisis https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/
All Ohioans	Ohio Crisis Text Line: 24/7, completely confidential text line to be connected to a trained counselor. NOTE: Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line. Text key word 4HOPE to 741-714 to be connected to a trained counselor.
All Ohioans	COVID Careline: The COVID CareLine is a new, toll-free number and emotional support call service. Behavioral health professionals staff the CareLine 24 hours a day, 7 days a week. They offer confidential support in times of personal crisis when individuals may be struggling to cope with current challenges in their lives. 1-800-720-9616
Students	Hey I'm Here Ohio —Hey I'm Here is a youth-led community, changing the conversation when it comes to our mental wellness. The virtual community provides a safe digital space for youth and young adults to share stories, offer encouragement, and to help others find resources available to them in Ohio. Connect with this resource on social media @HeyImHereOhio . https://heyimhere.org/
Students	Be Present campaign: The Be Present campaign educates and empowers youth and young adults in providing their peers, friends, classmates and siblings of at-risk youth with needed emotional support. It also empowers youth to become more aware of and able to address their own emotional state, access immediate crisis intervention and longer-term care (if needed). www.bepresentohio.org