



# MENTAL HEALTH & DISTANCE LEARNING

Resources for Teachers in Supporting  
Their Students

## Ways Teachers Can Help Students

- Show that you care by pointing out noticeable changes
- Prioritize social emotional learning
- Schedule regular check-ins with students of concern
- Lend an ear; be ready to listen
- Keep to routines
- Do more listening than talking
- Reassure students by letting them know you and other adults are here to help
- Use grounding strategies
- Provide space for students to express feelings
- Remain calm when discussing serious topics

## RESOURCES TO SHARE WITH STUDENTS:



**The OC Warm Line: 877-910-9276**  
**Disaster Distress Hotline: 1-800-985-5990** or  
text TalkWithUs to 66746

**National Suicide Prevention Lifeline: 1-800-273-TALK** or  
text "HOME" to 741741

