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Dear Colleagues:

With Mental Health Awareness Month rapidly approaching in May, we are writing to you to offer some guidance on supporting student mental health over the remaining months of the school year.

Many media outlets have recently highlighted the growing concern around youth mental health as the pandemic continues, with some experts calling it a ‘global mental health pandemic.’ Research suggests that during the pandemic, prevalence rates in the general population have quadrupled and tripled for depression and anxiety disorders, respectively. A recent [national survey of parents](#) that nearly half noticed a new or worsening mental health condition in their teenage children since the pandemic started. All of this has added to concern regarding the potential for increased suicides. Though suicide surveillance reporting lags by several months, preliminary data have not borne this out thus far. As leaders, it is our responsibility to both raise awareness and create a sense of urgency to meet the very real mental health challenges students are facing during the pandemic without creating panic.

As disruptive and challenging as the pandemic has been, it has created a unique opportunity for trained school personnel to have a more impactful conversation about student mental health with students, families, and community partners. We would like to offer schools assistance to take advantage of the moment before us.

As the pandemic wears on, schools may see students on many paths. Less vulnerable students may be able to leverage protective factors and make the transition to post-traumatic growth, though the existence of protecti







3. [From the Jed Foundation-- Help a friend in need](#) (PDF)  
This brochure is a helpful guide on how to help a friend that a student is worried about.

### **At Risk Populations:**

1. [BEAM](#) is a national training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities.
2. [Therapy for Black Girls](#) has a great podcast and offers other resources and tools.
3. Survival Guide for Wise Latinas
  - a. [Survival Guide for Wise Latinas \(English\)](#)
  - b. [Survival Guide for Wise Latinas \(Spanish\)](#)
4. The [Trevor Project](#) offers tools, resource, crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
5. [Act to Change](#) grew out of a WhitMu 0 6sF4 12nBT,W\*nBTe