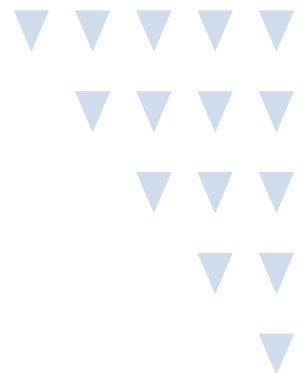




**NAMI's**  
**BACK**  
*to*  
**SCHOOL**  
**RESOURCES**



Field Guide

# NAMI'S BACK TO SCHOOL RESOURCES



**Heading back to school is a big moment for every family. It's common for students, parents and caregivers, and even teachers to have “back to school jitters” and other big feelings.**

NAMI has created resources to help students and the trusted adults in their lives to help ease back into school routines, provide practical advice for navigating challenging situations, and plan for success.

NAMI's Youth and Young Adult team is sharing this Field Guide with you in the hopes you'll share these resources in your local community. While they were created with students, families, and educators in mind, they can be used by any adult who works with students or wants to support a young person in their life.

Sharing these Back to School resources will highlight that NAMI can be a one-stop shop for anyone looking for mental health guidance and support this Back to School season.

If you have questions about the resources or this guide, please reach out to Kathy Smithson at [ksmithson@nami.org](mailto:ksmithson@nami.org).

# NAMI'S BACK TO SCHOOL RESOURCES



## What resources are available?

Getting students back in the classroom impacts all communities, and it's up to us to ensure students are set up for success. That's why NAMI has created Back to School resources for a variety of community members.

Share these resources with young people you encounter in your own work, educators who work with students, or parents and caregivers.”

## Students

These Back to School mental health resources are for students. These are meant to help them build healthy habits, understand mental health and wellness, get help early, and know they are not alone. Share these resources with educators who work with students, parents and caregivers, or with young people you encounter in your own work.

- **Commitment Planner:** Living a full life comes with many different commitments ranging from family and school to self-care and extracurricular activities. This planner helps students prioritize commitments to prevent burnout and mental exhaustion.
- **Finding a Trusted Adult:** Asking for help can feel scary, embarrassing, and hard. This resource can help students choose an adult to confide in and get the help they need.
- **Getting the Right Start:** For students experiencing a mental health challenge, it can be hard to get help early. This resource helps students consider steps they could take to find help and share what they're going through.
- **How to Help a Friend:** Sometimes it's hard to tell if our friends are feeling down or if there's a deeper struggle. There are ten common warning signs that students should know. Use this resource to help students learn the warning signs and understand the next steps they could take to help a friend.
- **NAMI On Campus At-A-Glance:** For students who want to raise mental health awareness at their school, NAMI On Campus is a great opportunity. These are student-led, student-run organizations for high schools and colleges. Find out how to get started with this resource.
- **Setting Boundaries Guide:** It's important to set healthy boundaries to take care of our well-being. Students can learn about different types of boundaries, how to set them, and ways to communicate boundaries to others.
- **Social Media: Helpful Tips:** Connecting with friends, family, and community can be a great way to use social media. However, we know it's important to protect our mental health online too. Find out how to engage safely with tips from this guide.
- **Time Management for Students:** Balancing school, work, and personal time can be challenging, even for adults! Students can use the tips in this resource to build time management skills.

## Additional Resources

**Back to School Poster:** All community organizations play a role in creating a smooth and safe return to school for students. The Back to School Poster may be printed and shared on community boards to spread the word about NAMI's HelpLine and 988 crisis resources.

**Calm Strips:** Order in packs of 100 for just the cost of shipping and handling to share with young people in your community. These strips teach box breathing to help relieve stress and promote focus and have a QR code to NAMI's Teen and Young Adult Helpline. Use code: ReST430, when checking out.

# NAMI'S BACK TO SCHOOL RESOURCES



## Parents and Caregivers

NAMI created these resources for parents and caregivers. They're designed to help create a safe space for adults to talk about mental health and develop mental wellness habits with their children. Share these resources with parents and guardians to help them foster healthy habits for children in your community.

- **10 Questions on a Tuesday:** Use these questions to talk with your child about ways to support their mental health. Learn how they like to de-stress, stay connected to their growing hobbies and interests, and understand what makes them anxious with this resource.
- **Bullying Warning Signs:** Parents and caregivers need to pay close attention to their child's behavior if they believe they're involved in bullying. Use this resource to learn the warning signs and get tips about starting a conversation with children about bullying.
- **Crisis and Relapse Plan:** Before a crisis begins, it's useful to have a plan. Document your emergency resources, write down the steps you'll take, and explore how to safely address a relapse.
- **Suicide Warning Signs:** Over the last decade, teens have indicated increased feelings of suicidality. It's important for parents to know the warning signs, learn how to ask the question, and how to navigate a mental health crisis.
- **The Three C's for Parents and Guardians:** This resource helps you and your child feel supported as you talk about mental health and wellness, identify support, and connect at home. Use the Three C's to get curious, get concrete, and stay compassionate.
- **A Week of Wellness:** The activities in this resource can help you connect with your child every day. Use these ideas to build wellness time into a daily routine and build on meaningful conversations.

# NAMI'S BACK TO SCHOOL RESOURCES



## Educators and Youth-Serving Professionals

Educators and other youth-serving professionals may be among the first to notice early warning signs. These resources can help prepare educators and trusted adults to navigate mental health conversations and build healthy habits with young people

- **Classroom Mental Health Contract:** Breaking stigma surrounding mental health can happen in the classroom. With this resource, educators can help their students talk openly and frequently about mental health and well-being.
- **Five Questions for School Staff to Ask When Preparing for An Active Shooter Drill:** When preparing for an active shooter drill, it's important to use trauma-informed approaches. Use this resource to help your students understand what's happening and how to "debrief" students after the drill.
- **Mental Wellness Moments for Educators:** This resource has daily suggestions for how to bring mental health wellness into the classroom. From Monday Moods to Fridays for Self-Care, these suggestions can help students build healthy habits for their mental well-being.
- **Mindfulness Activities:** Developing a state of being aware and present in a moment is called mindfulness. Teaching students how to center themselves and reengage with the world is a crucial skill. Use this resource for strategies to teach students in various age groups about mindfulness.
- **The Three C's for Educators:** This resource is meant to help educators and their students feel comfortable talking about mental health and wellness. Using these three C's, educators can connect with students empathetically.
- **Three Keys for a Successful Back to School Transition:** As teachers are preparing their classrooms, it's important to understand how being trauma-informed can help create a safe and supportive environment for all students.

# NAMI'S BACK TO SCHOOL RESOURCES



## Outreach to your community

NAMI needs your help sharing these back to school resources throughout your local areas. As the on-the-ground experts, you can get these resources into the hands of educators and families throughout the country.

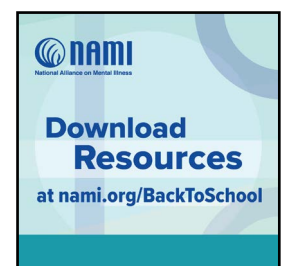
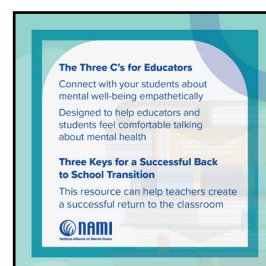
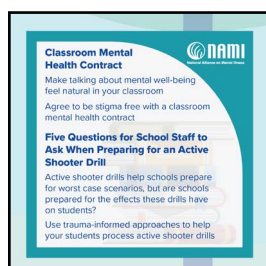
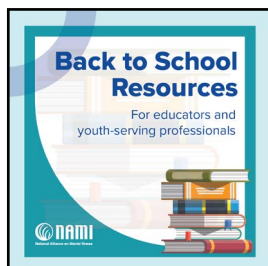
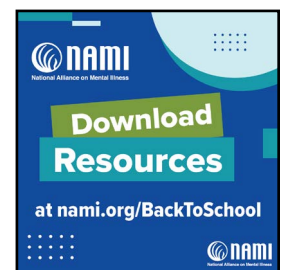
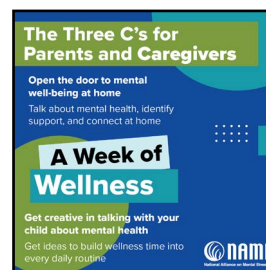
As a member of NAMI's Alliance, you have the power to spread healthy habits and start mental health conversations in your community. The following list has suggestions for community members you can reach out to and share these resources.

- Administration and teachers at elementary, middle, high schools, and colleges
- After-school program leaders
- Community based programs like YMCA and Boys & Girls Clubs
- Libraries
- Community organizers
- Faith communities
- Youth direct care workers
- Case managers
- Mentors and tutors
- Social workers

If you have questions about the materials and resources in this guide, please contact Kathy Smithson at [ksmithson@nami.org](mailto:ksmithson@nami.org).

Thank you for sharing these resources and helping break the stigma around mental health in your school communities. By sharing these resources, you are contributing to a future where youth can get the help they need, when they need it.

Find these resources at [nami.org/BackToSchool](http://nami.org/BackToSchool).



Download and share these graphics on social media.

## Brand Guidelines

As always, we ask that you follow NAMI's brand guidelines.

The NAMI Identity Guide and NAMI logos can be found at [nami.org/identity](https://nami.org/identity) or upon request to [marcom@nami.org](mailto:marcom@nami.org). We encourage you to use and share these in your campaigns.

## Recommended Fonts

- Franklin Gothic (sans serif)
- Museo Sans (sans serif)
- Proxima Nova (sans serif) [or Open Sans as a free alternative]

## Color Palette

Primary Colors:



NAMI Blue  
PMS Reflex Blue  
CMYK: 100/82/0/2  
RGB: 0/37/150



Teal  
PMS 321  
CMYK: 80/21/32/1  
RGB: 0/153/168



Pear Green  
PMS 377  
CMYK: 58/23/100/4  
RGB: 121/153/0

### Questions?

If you have any questions about the materials in this guide or how to use them, please reach out to [marcom@nami.org](mailto:marcom@nami.org).