

May is Mental Health Awareness Month

RESOURCES for educators

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Some of the mental health resources and trainings available through the South Dakota Department of Education is listed below.



RESOURCES & TRAININGS TO SUPPORT SCHOOL-AGED YOUTH

List of mental health supports South Dakota agencies can offer schools



MENTAL HEALTH AWARENESS TOOLKIT

Toolkit created by Statewide Family Engagement Center to help schools, students, and families talk about mental health and access help when they need it.



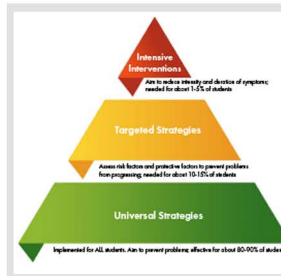
TELEMENTAL HEALTH SERVICES IN SOUTH DAKOTA SCHOOLS

Schools have the opportunity to support students in receiving mental health services at no charge to the school. A partnership with SD Department of Social Services provides schools with additional support in helping students and their families access available mental health services through the publicly funded behavioral health system.



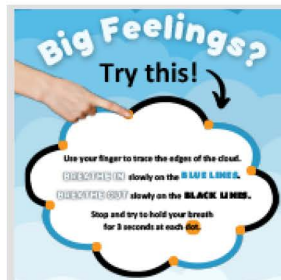
SOUTH DAKOTA SUICIDE PREVENTION

A multitude of resources geared for a variety of audiences, including educators, are showcased.



MULTI-TIERED FRAMEWORK OF AVAILABLE MENTAL & BEHAVIORAL HEALTH SERVICES

The multi-tiered framework of available mental and behavioral health services document is a list of resources and programs available for schools in South Dakota.



MENTAL HEALTH POSTERS

A collection of mental health awareness posters have been developed for students. Schools are invited download the posters to hang in their hallways.



SCHOOL-BASED MENTAL HEALTH PROVIDERS IN SOUTH DAKOTA

- [Overview of School-Based Mental Health Providers in South Dakota](#)
- [School-Based Mental Health Providers in South Dakota](#)

For additional information and resources, visit the SD Department of Education, [Student Wellness and Supports' webpage](#) or contact Becky Cain at Rebecca.cain@state.sd.us.