

**MHTTC**Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration**Supporting Student Mental Health:  
Resources to Prepare Educators****Background**

Educators and school personnel play a vital role in promoting mental health and well-being and identifying and responding to emerging mental illness in children and adolescents. However, they often have not received the education, training, and/or ongoing support needed to respond in the classroom. The MHTTC Network and the National Center for School Mental Health collaborated on an environmental scan and needs assessment of available educator mental health literacy training and resources. This document describes the role of educators in supporting student mental health, explains the core components of mental health literacy, and provides an annotated list of existing resources and trainings that instruct educators on mental health literacy.

**Student Mental Health Facts**

Committed relationships with supportive adults can act as a protective factor for children (NSCDC, 2015)	1 in 5 U.S. children meet criteria for a diagnosable mental health disorder (Child Mind Institute, 2015)	Students who participate in social emotional learning programs improve academic performance by 11–17 percentile points (Durlak et al., 2011)	50% of mental disorders begin before age 14, 70% before age 18 (WHO, 2019)
Students with good emotion regulation skills perform better in school and are at less risk of mental health symptoms (Project CoVitality, 2020)	The average delay between onset of mental illness symptoms and treatment is 11 years (NAMI, 2019)	17.2% of students nationwide reported seriously considering attempting suicide (CDC, 2017)	Early identification and intervention of mental health concerns can vastly improve school and life outcomes for students (Mental Health America, 2016)

# New Resource Available!

## for School Mental Health Professionals

Educators and school personnel play a vital role in promoting mental health and addressing emerging mental illness in students. However, they often lack the education, training, and support needed to respond in the classroom.

This new resource:

- Describes the role of educators in supporting student mental health
- Explains the core components of mental health literacy
- Provides resources and trainings on mental health literacy

Download your free copy of *Supporting Student Mental Health: Resources to Prepare Educators* here: <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/school-mental-health>.

**Download your free copy today!**



Northeast and Caribbean (HHS Region 2)

**MHTTC**

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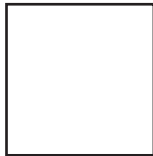
## Connect With Us

The Northeast and Caribbean Mental Health Technology Transfer Center (MHTTC), a SAMHSA funded program, provides training and consultation to schools and related community organizations on school mental health.

Check out our *free training and services* at <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc>. Contact us at [northeastcaribbean@mhttcnetwork.org](mailto:northeastcaribbean@mhttcnetwork.org).

*Sign up to receive our communications* at <http://bit.ly/2mpmpMb>.

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**SAMHSA**  
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