

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

American Psychological Association. (2020, July 13). 8 ways teachers can continue to support students suing the Covid-19 era. https://www.apa.org/topics/covid-19/teachers-supporting-students

Walker, T. (2020, August 08). *Helping educators and students recover from Covid-19 trauma*. National Education Association. https://www.nea.org/advocating-for-change/new-from-nea/helping-students-and-educators-recover-covid-19-trauma Center for Disease Control and Prevention. (n.d.). Teachers: encourage your students to care for themselves one small way each day. https://www.cdc.gov/coronavirus/2019-ncov/downloads/mental-health/Teachers-Encourage-Your-Students-to-Care.pdf

