

- [Self-Care Resources | Department of Education | Commonwealth of Pennsylvania](#) - This PDE resource page emphasizes self-care at both the individual and school-community level, with a focus on maintaining calm, balance, wellness, resilience, and work-life balance. It includes links to educator self-care tools, compassion resilience resources, secondary traumatic stress supports, and organizational wellness materials for schools.
- [Pennsylvania Network for Student Assistance Services](#) - PNSAS supports Pennsylvania's Student Assistance Program by helping school personnel identify student issues related to mental health, alcohol, tobacco, other drugs, and other barriers to learning. The site provides SAP training information, regional coordinator contacts, newsletters, and related program resources.
- [National Center for School Mental Health](#) - The National Center for School Mental Health works to strengthen school mental health policies, programs, training, research, and practice. Its resources are aimed at helping schools and communities improve learning, well-being, and success for children and youth.
- [Child Mind Institute](#) - The Child Mind Institute is an independent nonprofit focused on improving the lives of children and families affected by mental health and learning disorders. The organization provides clinical resources, parent and educator guidance, research, and public education on children's mental health.
- [National Alliance on Mental Illness \(NAMI\)](#) - NAMI is a national grassroots mental health organization that provides education, support, advocacy, and public awareness for individuals and families affected by mental illness. Its network includes state and local affiliates that offer community-based programs and resources.
- [PA Standards Aligned System \(SAS\): Safe and Supportive Schools](#) - Pennsylvania's SAS portal is a PDE-developed resource system that supports student achievement through standards, assessments, curriculum, instruction, materials, and safe/supportive school resources. The Safe and Supportive Schools section serves as a resource area for school safety, climate, wellness, and related supports for Pennsylvania educators.
- [PA Department of Education: Office for Climate and Well-Being](#) - PDE's Office of School Climate and Well-Being works with Pennsylvania school communities to promote safe, healthy, supportive, and trauma-informed learning environments. The office supports school safety, mental health, school climate, violence prevention, social/emotional wellness, and related technical assistance.
- [PDE Mental Health Resources for Schools](#) - PDE's mental health resources page provides information and links for parents, educators, and professionals supporting children and youth in school and community settings. It includes crisis contacts, school resource links, and materials related to student mental health and behavioral well-being.
- [PDE Self-Care Resources for Educators](#) - PDE's self-care resources for educators focus on strategies that support resilience, work-life balance, and educator well-being. The page includes tools and links to help educators recognize stressors, plan restorative activities, and maintain personal wellness while supporting students.

- [PDE Basic Education Circular \(BEC\) that provides Student Assistance](#) - PDE's Basic Education Circulars provide official guidance on the implementation of Pennsylvania education law, regulation, and policy.

On specific topics, the following can provide an entry point into subject areas:

Behavioral Health information from the American Medical Association

American Medical Association (2023) Retrieved from: <https://www.ama-assn.org/delivering-care/public-health/what-behavioral-health>

Get definitions for psychology terminology

American Psychological Association. (n.d.). *Dictionary of psychology*. <https://dictionary.apa.org/mental-health>

Find out more information about why relationships matter

The Search Institute (2018). *The Developmental Relationships Framework*. <https://www.search-institute.org/developmental-relationships/developmental-relationships-framework/>

For more information on supporting teenagers

Damour, L. (2023). *The emotional lives of teenagers. Raising connected, capable and compassionate adolescents*. Ballantine Books.

Find out more information about the benefits of physical activity

Centers for Disease Control and Prevention. (CDC), (2022, June). *Benefits of physical activity*. <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Evidence-based interventions that can provide sleep help

American Psychological Association. (2020, July). *Helping children get a good night's sleep*. Monitor on Psychology. <https://www.apa.org/monitor/2020/07/ce-corner-sleep>

Find information on Multi-Tiered System of Supports

<https://www.pattan.net/Multi-Tiered-System-of-Support/MULTI-TIERED-SYSTEM-OF-SUPPORTS>

Center on MTSS (2023). *Essential components of MTSS*. <https://mtss4success.org/essential-components>

PATTAN MTSS Information: <https://www.pattan.net/Evidence-Based-Practices/Multi-Tiered-System-of-Support>

Here are Ideas to help with caring for your own mental health

National Institute of Mental Health (2023). Caring for your Mental Health. <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

Information about the Child Protective Services Law, Mandated Reporting, and How to File a ChildLine Report

<https://www.pa.gov/agencies/dhs/resources/keep-kids-safe>

Direct Links To Crisis Resources

Suicide and Crisis Lifeline <https://988lifeline.org/> Call or Text 9-8-8, 24-7 provides free and confidential support to people in suicidal crisis or emotional distress.

Crisis Text Line <https://www.crisistextline.org/> Text PA to 741-741 to connect with a volunteer Crisis Counselor, 24-7.

Trevor Project <https://www.thetrevorproject.org/get-help/> 24-7 support from trained counselors for young people in the LGBTQ+ community thinking of harming themselves. Call 1-866-488-7386 or text 678-678.

Safe2Say Something Program <https://www.safe2saypa.org/> Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at 1-844-SAF2SAY or report through the Safe2Say app.