

live WISE live HEALTHY

RICHARDSON ISD

DECEMBER FOCUS

Mental Health Awareness: Stress and Coping

According to the Center for Research and Clinical Care, approximately one in 11 children experience some form of depression before the age of 14. RISD is dedicated to ending the stigma associated with mental health challenges. Specific programming for this effort will include various opportunities for parents, students, and staff members to learn more about important factors of mental health and meaningful next steps to support both themselves and the children they teach.

Resources

[National Alliance on Mental Illness](#)

[Mental Health America](#)

[Youth Mental Health First Aid](#)

[Parents Guide to Surviving the Holidays](#)

Tips and resources for surviving the winter break with kids.

[National Alliance for Children's Grief Holiday Toolkit](#)

Students

[Say Yes to Less Stress](#) - Advisory lessons for grades 7-12.

Students in K-6 will have **coping skills and conflict resolution lessons** during their classroom guidance. Counselors will be sending out more information about lessons in their campus newsletters.

[Mental Health Support Videos](#) can be used during advisory as a quick lesson (click link for video options).

RISD Student and Family Counseling Programs offers **six free sessions to one hundred families** across all learning communities. If you are interested in learning more, reach out to your campus counselor.

RISD utilizes **Texas Children's Health Access Through Telemedicine (TCHAT)** to support students K-12 with access to virtual mental health services. If you are interested in learning more, reach out to your campus counselor.

[A Teen's Guide to Surviving the Holidays](#) contains tips for teens on managing the stress of the holiday season.

Staff

Employee supports are offered through the [Employee Assistance Program](#).

An [Educator's Guide to Surviving the Holidays](#) resource for all district staff.

[Self-Care for Educators podcast](#) is the podcast for creating happy, healthy, and inspired educators by Dr. Tina Boogren. Watch [Focusing on Your Well-Being](#) for more from Dr. Boogren.

Parents & Community

Your child might be watching some of the [Mental Health Support Videos](#) at school. We encourage families to watch these together at

home and discuss the importance of mental health.

We encourage families to utilize the [Mental Health Video Resource Library](#) to understand and support your student and families mental health.

To learn how to help someone who may be struggling with mental health issues, consider taking one of the following **FREE virtual courses** (must be 18 years or older):

- [Mental Health First Aid](#) | Dec. 1 | 8:30 a.m. – 3 p.m.
- [Mental Health First Aid](#) | Dec. 5 | 8:30 a.m. – 3 p.m.
- [Youth Mental Health First Aid](#) | Dec. 11 | 8:30 a.m. – 1:30 p.m. (for adults who work with youth)
- [Mental Health First Aid](#) | Dec. 15 | 8:30 a.m. – 3 p.m.



#liveWiseliveHealthy

www.RISD.org/LiveWise

The Live Wise Live Healthy initiative provides community-wide training, programming, and opportunities designed to empower young people to make healthy and wise decisions through meaningful learning and life-changing experiences.