

New CDC Resource: Promoting Mental Health and Well-Being in Schools - An Action Guide for School and District Leaders

Wednesday, April 10, 2024

Resource Package

Resources from NACDD & CDC

National Association of Chronic Disease Directors (NACDD)

[NACDD's Website](#)

[NACDD's School Health Resource Repository](#)

[Project Overview: Supports to Advance Emotional Wellbeing in Schools](#)

[Healthy School, Staff & Students: A Guide to Improving School Employee Wellness](#)

Centers for Disease Control and Prevention (CDC)

[Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders](#)

[Health Education Curriculum Analysis Tool \(HECAT\)](#)

[School Connectedness: What Can Schools Do?](#)

[Promoting Mental Health and Well-Being in Schools: How to Get Started](#)

[Promoting Mental Health and Well-Being in Schools: Presentation and Communication Template](#)

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Additional Resources



Increase Students' Mental Health Literacy

[Classroom WISE](#)

(Mental Health Technology Transfer Center)

[Mental Health Literacy and Wellness Education](#)

(Wisconsin Department of Public Instruction)



Enhance Connectedness Among Students, Staff, and Families

[School Connectedness: What Can Schools Do?](#)
(CDC)



Promote Mindfulness

[Mindfulness Resources](#)

(Mindful Schools)

[Resources on Mindfulness in Education](#)

(Edutopia)



Provide Psychosocial Skills Training and Cognitive Behavioral Interventions

[Bounce Back](#)

(Center for Safe & Resilient Schools and Workplaces)

[Teen Talk](#)

(Sexuality Education Resource Centre MB)



Promote Social, Emotional, and Behavioral Learning

[The CASEL Guide to Schoolwide Social and Emotional Learning](#)

(CASEL)

[SEL 3 Signature Practices](#)

(CASEL)



Support Staff Well-Being

[School Employee Wellness](#)
(CDC)

[Healthy School, Healthy Staff, Healthy Students: A Guide to Improving School Employee Wellness](#)
(NACDD)

[A Toolkit for School Systems to Advance Comprehensive School Employee Wellness](#)
(Child Trends)