

5 Ways You Can Promote Student Well-Being This Back-to-School Season

1. Encourage students to talk about their feelings (especially **younger students!**).
 - a. Distribute the **Feelings Wheel** resource enclosed, and have students discuss work together to understand what each feeling means.
 - b. Consider a simple daily journaling exercise: students privately write "Today I'm feeling _____" and choose a word from the outer layer of the Feelings Wheel each day.
 - c. Have students identify which feelings on the wheel they should tell a trusted adult (or, for older students, a close friend) about when they're experiencing those feelings. Have them identify that trusted adult.
 - d. **Older students:** print 3 sheets of the Crisis Text Line stickers in the school toolkit (find under "Logos and Assets"). Give 5 friends 6 stickers each, along with the **Sticker Note** enclosed.
2. Bathroom mirror post-its! Write encouraging messages on post-its to post on mirrors in public restrooms. See enclosed **Example Post-It Messaging**. (Be sure each mirror has at least one post-it repping Crisis Text Line as a resource!)
3. Write about Crisis Text Line in a student publication! On colleges, maybe there's a student Crisis Counselor you can highlight. In K-12, it can take the form of an editorial on the importance of discussing mental health.
4. Distribute the "Turning Sympathy into Empathy" article (in School Toolkit "Articles" folder) as a starting point to discuss how to help a friend in need. (Educators: give as a critical thinking assignment. Students: share the article on your personal social media and identify Crisis Text Line as a resource for empathy in times of crisis.)
5. Ask your counseling center (or similar resource) to list Crisis Text Line as a resource on their webpage.

Feelings Wheel



CRISIS TEXT LINE |

Sticker Note

(print and cut out to give with stickers!)

I'm giving 6 Crisis Text Line stickers to 5 friends each. Why? Because I care about you and want you to know that free, confidential crisis support is available 24/7 via text. 1 sticker is for you, and the other 5 are for you to pay it forward. Text HELLO to 741741 any time to reach a trained Crisis Counselor.

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CRISIS TEXT LINE |

Example Post-It Messaging

(place on public bathroom mirrors!)

It's okay to not be okay. Text HELLO to 741741. Crisis Text Line cares.

You matter. (Yes, you!)

You have so much to offer.

You're the best YOU there is!

Have an awesome day. You deserve it.

You mean a lot to a lot of people.

Smile! Looking good 😁

Do something great today.