

# BACK-TO-SCHOOL



# MENTAL HEALTH CHECKLIST

**Does your school have what's necessary to promote good mental health and wellbeing?**

- regular staff training in mental health, substance use, and suicide prevention
- mental health professionals at recommended ratios of 1 psychologist for every 500 students, 1 counselor and 1 social worker for every 250 students
- annual wellbeing checks of all students
- age-appropriate mental health literacy education
- development of life skills like self-management, responsible decision-making, self-awareness, and social awareness in every grade
- school engagement with families and community partners to support students' mental health

