Supporting Student Mental Health

Modern students navigate multiple and concurrent threats to their mental health. From a loneliness epidemic to a rise in mental health diagnosis, the unprecedented circumstances are leading more educators and parents to voice exceptional concern for youth mental health.

Schools have an important role to play in supporting student mental health and well-being. As a partner to communities in designing excellent and equitable learning environments, Transcend believes we must shift our focus beyond just the cognitive dimensions of learning to make student mental health and well-being a key outcome of school, on par with college and career readiness.

The following resources are aimed at helping adults better support the whole student in a school setting.
**Mental Health Trend Cards**
This deck is intended to spark conversation about the current state of mental health in the United States, particularly for the purpose of designing schools and school systems.

**Biofeedback Breathing**
The Biofeedback Breathing Model teaches students how to change their body’s conditioned responses to stressful situations in order to improve learning outcomes and interrupt cycles of generational trauma. Based on research from brain and body science, biofeedback breathing helps students develop the resilience and self-determination they need to live healthy, safe, and connected lives.

**Recovery Through Relationships: 5 Design Steps For Strengthening And Building Students’ Networks**
Aimed at education leaders, this webinar shares school design and measurement insights to help support students’ relationships with peers, educators, mentors, and community members across their schools and programs.

**Along: New Tool To Support Child Development**
This webinar discusses the barriers educators face when taking a Whole Child approach and shares resources and strategies proven to support the Whole Child approach in the classroom.

**Develop Social-Emotional Competencies**
This 2-pager offers research, guidance, and resources to build students' social-emotional competencies such as self-awareness, responsible decision making, relationship skills, and more in support of their mental health and well-being.

**Foster Supportive Relationships**
In schools, developmentally supportive relationships with both adults and with peers buffer against stress, help young people explore their identities, and support the development of important skills and mindsets. This 2-pager offers research, guidance, and resources to ensure both adults and young people have the skills to build relationships.
**Incorporate Physical Wellness**
Years of research demonstrates there is a two-way relationship between mental and physical health. This 1-pager offers research, guidance, and resources to support physical wellness and overall wellness through purposeful design decisions.

**Create a Safe School Environment**
Recognizing that school is a key stabilizing force in the lives of young people, this 2-pager offers research, guidance and resources to promote the wellness and healthy development of students by providing an environment where students feel psychologically and physically safe.