Supporting Your Child’s Mental Health Needs
Webinar Resources

ACMH

Back to School Resource Links
From Trusted Partners/Sources

Child Mind Institute
Child Mind Institute Back to School Resources for Families
Preparing for Back-to-School Success – How to Help Kids Thrive, Despite the Uncertainties
Back to School Anxiety During Covid-19 How To Help Kids Handle Fears & Gain Independence
K-2: Tips for Supporting Young Children’s Learning at Home
Tips for Partnering With Teachers in the New School Year

Children’s Mental Health Ontario
Back to School Mental Health Kit
Six Tips to Support Your Child’s Mental Wellness and Prepare for the Start of the School Year
Back-to-School Tips for Parents
Tips for Encouraging and Supporting Friendships During the School Year

On Our Sleeves
On Our Sleeves Back to School Guide
Preparing Kids for a Return to the Classroom In Another Unconventional School Year
On Our Sleeves Coronavirus Behavioral Health Resource Page

Understood.Org
Back-to-School Anxiety in Kids: What to Watch Out For This Year
Back to School Concerns About Your Child – How to Act On Them
Social Anxiety During Social Distancing: How to Help Your Child Cope

Additional Resources to Support You and Your Kids As They Return to School
Back to School Anxiety During Covid-19
Mental Health America Back to School Toolkit
Supporting Families With Positive Behavioral Interventions & Supports (PBIS) At Home
Distance Learning Meet ADHD Again: How to Learn Remotely With ADD
Institute Zoom Tutorial Video For Computers
Institute Zoom Tutorial Video For Tablets
Masks and New Routines: Helping Children with Special Needs During COVID-19
7 Tips to Help Your Child Wear a Face Mask

All of the above resources are also shared on the ACMH Back to School Resource Page along with an assortment of other helpful tools and tip-sheets. Questions: Contact Terri at thenrizi@acmh-mi.org.