



CRISIS TEXT LINE |

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 **school**

MENTAL HEALTH

toolkit

Free mental health and Social and Emotional Learning (SEL) worksheets, activities, and practical strategies to help you navigate stress, friendships, build connections, and start the school year strong.

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Starting a new school year can bring a mix of excitement, pressure, uncertainty, and change. Maybe you're excited to see friends. Maybe you're worried about classes, fitting in, plans for the following year, or everything you have on your plate. Whatever this year looks like for you, one thing is true: ***you don't have to navigate it alone.***

This toolkit is designed to help you check in with yourself, strengthen your support system, manage stress, and build the connections that help you thrive throughout the school year.



imagine what's next

Reflect on who you're becoming, what matters most to you, and what success looks like on your own terms.

small steps, big progress

You don't have to have everything figured out right now. Growth happens one step at a time. Choose 3–5 challenges that feel right for you this week.

Examples:

- Try something new that sparks your curiosity.
- Take one step toward a goal that matters to you.
- Do something that pushes you slightly outside your comfort zone.

my commitment to myself

One thing I want to work toward this year: _____

One person who can support me: _____

One action I'll take this week: _____



If it feels like everyone around you has a five-year plan, you're not alone.

High school can come with a lot of pressure to know exactly what comes next, but the truth is that many people change paths, discover new interests, and figure things out over time. You don't need all the answers right now.

it's okay to not know

- **Not everyone figures it out right after high school.** Many adults have changed majors, careers, schools, or life plans more than once.
- **Exploring is a plan.** Trying new things, asking questions, and learning what you like (and don't like) are all part of the process. This can be part of the fun!
- **Your path can change.** Changing your mind isn't failing. It's learning more about yourself and staying true to who you are.
- **Success doesn't look the same for everyone.** Your future doesn't have to follow someone else's timeline or path.

what comes after high school?

There are many different paths people take after graduation. Here are some examples:

- Four-year college or university
- Community college
- Trade or vocational school
- Apprenticeship or workforce training
- Military service
- Starting a business or pursuing a creative passion
- Taking time to explore your interests and next steps
- Travel
- A combination of the above

No path is better than another.
What matters is finding what works for you.

when people ask, "so what's next?"

If you're tired of answering that question, try one of these responses:

I'm still exploring my options.

I'm taking time to figure out what's right for me.

I have a few ideas, and I'm keeping an open mind.

I'm focused on finding the path that fits me best.

You don't owe anyone a perfect answer.



don't let comparison take the wheel

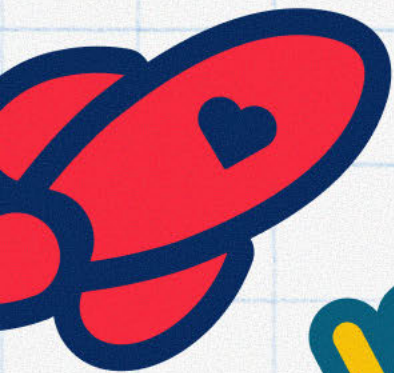
- Unfollow accounts that make you feel like you're falling behind.
- Remember that people tend to share their highlights, not their uncertainties.
- Focus on your next step, not someone else's timeline.
- Celebrate your progress, even if your path looks different.



looking ahead

One thing I'm excited about, even if I don't know all the details yet:

One strength I know I have that will help me navigate whatever comes next:





got a lot on
your mind?

TEXT

SCHOOL

TO 741741

Everyone copes differently. When you're stressed, overwhelmed, lonely, or having a tough day, there's no one-size-fits-all solution. The key is finding healthy ways to reset, reconnect, and take care of yourself.

Check off the strategies you're willing to try:

when i need to recharge...

- ☐ Listen to music
- ☐ Read a book
- ☐ Watch a favorite show or video
- ☐ Create something (art, writing, photography, music)
- ☐ Spend time outside
- ☐ Move my body (walk, dance, sports, gym)
- ☐ Spend time with a pet
- ☐ Take a break from my phone for 30 minutes

when i'm feeling lonely or disconnected...

- ☐ Text or call a friend
- ☐ Sit with someone new at lunch
- ☐ Join a club, team, or activity
- ☐ Reach out to someone I trust
- ☐ Check in on someone else
- ☐ Make plans with a friend
- ☐ Talk to a counselor, teacher, or trusted adult

when i need extra support...

- ☐ Reach out to a trusted adult
- ☐ Talk to a school counselor
- ☐ Ask a friend for support
- ☐ Text **SCHOOL** to **741741** to connect with a live volunteer Crisis Counselor. Free, 24/7, and confidential.

when social media is making things worse...

- ☐ Log off for an hour
- ☐ Mute or unfollow accounts that make me feel bad about myself
- ☐ Follow creators who make me feel inspired or supported
- ☐ Put my phone away before bed
- ☐ Remind myself that people usually post their highlights and not their whole story

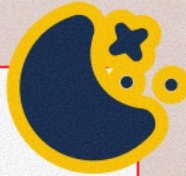


before a big test

- Break studying into smaller sessions
- Focus on understanding, not memorizing everything
- Ask questions early
- Create a simple study plan

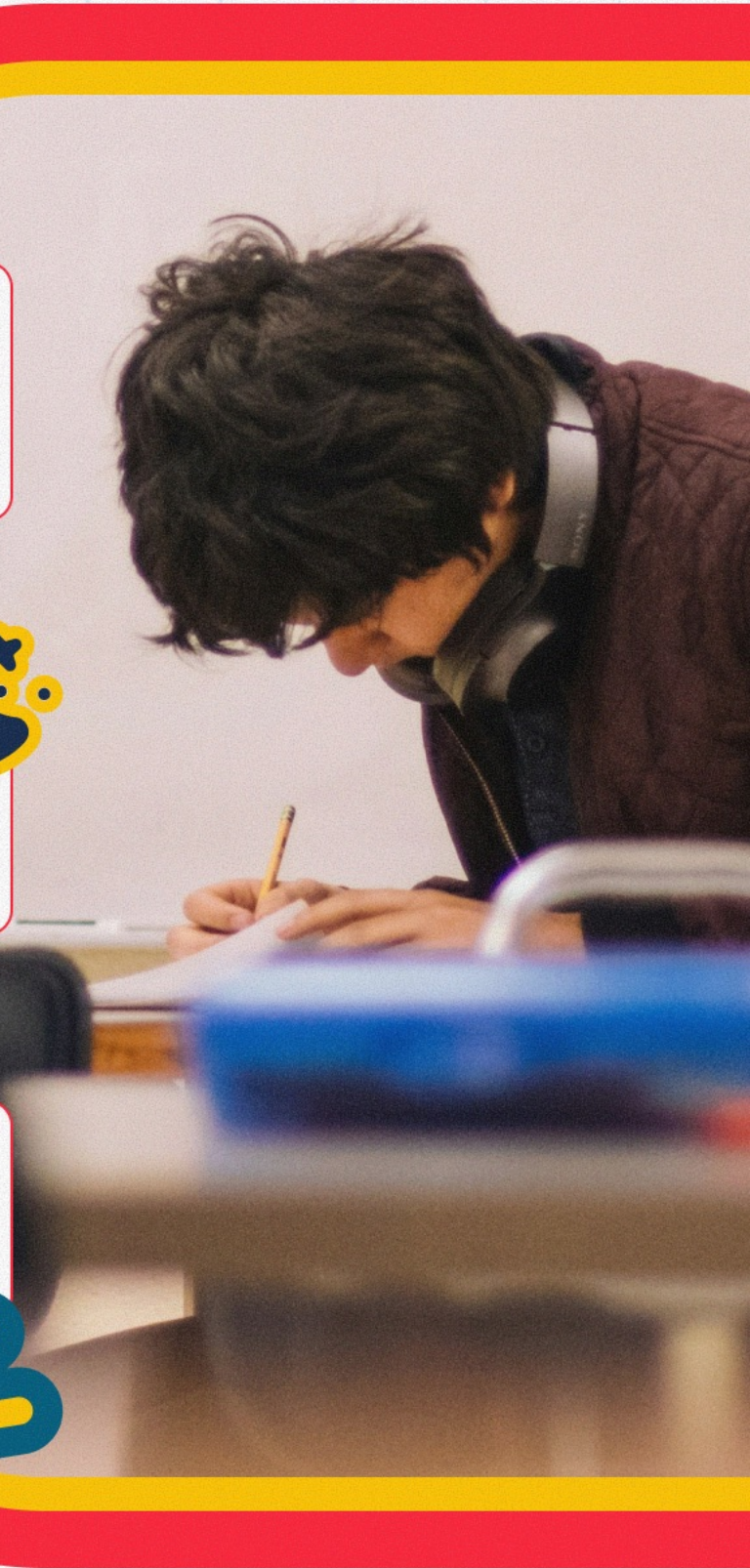
take care of yourself

- Prioritize sleep
- Stay hydrated and eat well
- Take movement breaks
- Make time for friends and activities you enjoy



reality check

- One test won't define your future
- It's okay to ask for help
- Doing your best is enough



Understanding how you learn is just as important as what you learn. Use these tips to identify strategies that play to your strengths and support your success.

what helps me learn best?

Check all that apply:

- | | |
|---|---|
| ☐ Listening to information | ☐ Working with others |
| ☐ Reading information | ☐ Visual aids and diagrams |
| ☐ Watching videos | ☐ Taking frequent breaks |
| ☐ Hands-on activities | ☐ Using technology tools |

resources that can help

- ☐ Audiobooks or text-to-speech tools
- ☐ Speech-to-text tools
- ☐ Extra time on assignments or tests
- ☐ Quiet study spaces
- ☐ Graphic organizers
- ☐ Checklists and planners
- ☐ Breaking assignments into smaller steps
- ☐ Study groups



my learning toolkit

Three strategies that help me most:

remember

Needing support doesn't mean you're less capable.

Everyone learns differently. Understanding what works for you is a strength.

You don't have to wait until you're struggling to think about support. Use this page to create a personal plan you can come back to whenever life feels overwhelming. Knowing who to reach out to and what helps you cope can make a big difference.

**when i'm feeling overwhelmed,
these strategies help me reset**



three things that help me feel like myself again

three people i can reach out to if i'm struggling



resources i can turn to if i need support

Think school counselor, trusted teacher, coach, Crisis Text Line, community resources, or other support systems.

back to 
school

got a lot on
your mind?

TEXT

SCHOOL

TO 741741

CRISIS TEXT LINE |

NEED TO VENT? TEXT **SCHOOL** TO **741741**

Classroom Connection Check-In: A 15-Minute SEL Activity

Objective: Help students reflect on their mental health, identify sources of support, and set one small goal for the school year.

SEL Focus:

**self-awareness,
self-management
relationship skills**

discussion starter (2–3 minutes)

Ask students:

What helps you feel connected at school?

Invite students to think about:

- Friends
- Clubs or activities
- Teachers or counselors
- Family members
- Personal interests and hobbies

reflection activity (5 minutes)

Have students complete the following prompts:

One thing I'm looking forward to this school year: _____

One challenge I may face: _____

One person I can turn to for support: _____

One action I can take this week to support my mental health: _____

group discussion (optional)

Invite volunteers to share:

- A goal they're excited about
- A strategy that helps them manage stress
- A way they stay connected to others

closing reflection

Remind students:

You don't have to have everything figured out. Building connections, asking for help, and taking small steps forward are all part of supporting your mental health.