



Supporting Student Wellness

Tools for Trauma, Resilience, and Mental Health

An Asynchronous, On-demand Video Series

School mental health professionals play a vital role in supporting students' well-being and success. This no-cost, four-part, asynchronous video series explores critical aspects of student wellness—from managing anxiety and understanding trauma's impact on the brain to suicide prevention strategies and elevating student voice in mental health initiatives.

Whether you're seeking fresh ideas or system-wide solutions, this flexible, actionable series will help you deepen your practice and make a lasting impact.

These sessions are especially designed for:

- School counselors
- Social workers
- Psychologists
- School nurses
- Other mental health professionals supporting students

Explore
session
details and
register at

[Bit.Ly/MHondemand](https://bit.ly/MHondemand)

or scan QR code.



Session Topics

- **Building a Lifeline: Suicide Prevention and Practice for K-12 Schools**
- **From Me to We: Building Thriving Relationships Through Social and Emotional Learning**
- **Future-building with Social, Emotional, and Mental Well-being Skills**
- **Helping Students Handle Hard Things: Building Distress Tolerance for Life and Learning**
- **Integrating Student Voice in Mental Health and Wellness**
- **Mindful Practices to Unwind Anxiety**
- **Student Voices, Stronger Minds: Transforming Mental Wellness Through Social and Emotional Learning**
- **The Space Between: How Adult Regulation Sparks Youth Resilience and Well-being**
- **Trauma Impact on the Brain and Body**

Act 48 credit available.

This video series is part of a statewide initiative funded through the Pennsylvania Department of Education's State System of Support (SSoS) and coordinated by the Office for Safe Schools. The purpose of the series is to build the capacity of school-based mental health professionals by providing high-quality, relevant training and fostering peer collaboration across Intermediate Unit (IU) regions. By leveraging the expertise of IU Social Emotional Wellness (SEW) leads, this effort aims to strengthen the systems of mental health support available to students and staff, ensuring that every school community has access to the resources and relationships needed to thrive. The videos included in this series were created by individual IUs.