

# Student Mental Health in a Distance Learning Environment

During the COVID-19 crisis, schools grappled with how best to support students in a distance learning environment. [In this training](#), you will hear from teachers and mental health clinicians on strategies and solutions to support mental health and social-emotional learning in an online environment. You will also learn why mental health needs to be a priority during remote learning and how to address the needs of students and staff.

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## Learning Outcomes

- » Understand the impact of the pandemic on student mental health.
- » Identify strategies to prioritize mental health in a distance learning environment.
- » Implement strategies and solutions to support mental health in a distance learning environment.

## Key Takeaways

- ✓ For one national crisis center, 21% of 22,140 tips since the start of the COVID-19 pandemic were designated “life safety,” an 11% increase from the year before. The most-reported safety tip type was suicide.
- ✓ Positive and emotionally supportive teacher-student relationships can improve academic performance and promote pro-social behaviors.
- ✓ Delivering school supplies or self-care kits to the community is one way schools can engage families.
- ✓ A wellness check at the start of class where students share how they’re feeling and a mid-class or mid-day wellness break where students disconnect from their screens are examples of supportive interventions.
- ✓ Teaching students specific SEL skills will help them develop as people and cope with future crises.
- ✓ Wellness activities for staff (meditation sessions, walking competitions) help promote mental health across the entire campus community.

## Additional Resources

[Trauma-Informed Practices Across School Settings](#)  
This on-demand webinar provides tools and strategies to address the social and emotional needs of school communities.

[Social Media Responsibility with Student Engagement](#) - This on-demand webinar discusses the consequences of increased social media use during the COVID-19 pandemic on student mental health.

## Questions for Discussion

- » How will your school make space for students and staff to address the effects of moving to a remote/hybrid learning environment? How will you process the move back to in-person as a community?
- » What are the warning signs that staff should be aware of? What should they do when they notice these signs?
- » What obstacles are families facing in the transition to/ from distance learning? How can your school help?

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This project was supported by Cooperative Agreement No 2019 YS BX K 001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.