



BEHAVIORAL HEALTH RESOURCES

Support for Education Personnel

The North Dakota Behavioral Health Division has a variety of resources, supports and services for North Dakotans working in education.

Help is Here: Educator website behavioralhealth.nd.gov/helpishere

The Covid-19 pandemic can take a toll on stress levels. Fear and anxiety about a disease can be overwhelming, while also considering the many changes we are having to make to our routines and traditions to keep each other safe. The Behavioral Health Division has resources, supports and services available. Educators can find helpful topics on coping with stress and taking care of your own mental health.

Parents Lead www.parentslead.org

Parents Lead supports parents in promoting the behavioral health of their children. Parents Lead is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children. The parent-child relationship is essential to the development and well-being of children. In fact, health bonding and attachment between parent and child is one of the biggest factors preventing behavioral health issues like underage drinking, drug use, depression, and anxiety.

The parents most in need of the resources may not seek them out or may not know where to turn. As an educator you may be the first to notice the concerns, and can help provide information to promote the parent-child relationship on a wide variety of topics and concerns.

Project Renew

701.223.1510 | www.projectrenew.nd.gov

Working in education is stressful. Adding a global pandemic brings additional stressors like new technology, distance and virtual teaching, new platforms, social distancing, and the concerns of staying healthy for your students, your staff and you. Are you feeling anxious, stressed, worried, sad, depressed, or lonely because of the coronavirus pandemic? Call 701.223.1510 for FREE support services. Brief support services are free and anonymous to all North Dakotans.

Suicide Lifeline

1.800.273.TALK (8255) | behavioralhealth.nd.gov/prevention/suicide

If you are concerned that a student may be suicidal, it's important to learn about the risks, warning signs, and how to connect them to professional help. If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It's important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions. If it does, please reach out for support for yourself.

There is hope. Most people who struggle with thoughts of suicide get better. Help and hopes begins with talking about it. Call the Suicide Prevention LIFELINE anytime, 1.800.273.TALK (8255)

B-HERO

The Behavioral Health in Education Resources and Opportunities Technical Assistance Center (B-HERO) has a mission that all school personnel will develop the knowledge and skills to support the health and wellbeing of every student and family. Every school in North Dakota has an appointed Behavioral Health Resource Coordinator (BHRC) to help achieve that mission. Through a partnership with the Behavioral Health Division and the Central Regional Education Association, B-HERO develops, curates and disseminates resources and opportunities to the BHRC to further distribute with appropriate school personnel. Connect with the BHRC in your building to stay updated on this behavioral health information!