

# 8 TIPS FOR SUPPORTING STUDENTS WITH DEPRESSION



Student depression is on the rise and directly impacts their development and ability to function in school. Here are tips for how educators can help:

- 1 Engage.** Speak with the student privately and share your concerns. Ask about what's going on with them. Consider contacting a parent.
- 2 Assess.** Anyone, including teachers, can use a simple tool called the Columbia-Suicide Severity Rating Scale (C-SSRS) to help identify if a student is thinking about or has taken steps toward suicide.
- 3 Alert.** Share your concerns with a school counselor, case manager, or Thrive clinician, especially if you suspect self-harm.
- 4 Provide accommodations.** A multi-tiered system of support, including 504 Plans, provides equitable access to education. Individualized interventions should address symptoms and remove barriers to learning.
- 5 Offer therapeutic interventions.** Schools with embedded mental health clinicians offer 1-1 counseling to students experiencing depression, as well as family support.
- 6 Coordinate with outside providers.** If a student is getting counseling or other support outside of school, obtain parent/guardian permission to contact and work with outside professionals to coordinate care.
- 7 Create a supportive learning environment.** Consider using soft lighting and allowing the student to listen to music, take breaks, and chew gum if this helps them function better in the classroom.
- 8 Train staff.** When informed about the signs and symptoms of student depression, educators can offer a more informed, empathic, and effective approach to their students.

For more resources and professional development opportunities on mental health concerns, contact Thrive Alliance Group or visit our website. We connect the dots between mental health and student achievement.