Rural schools serve as the cornerstone of rural communities and are essential in addressing needs of students and families, yet these schools face numerous obstacles in serving students experiencing mental health concerns.

### OBSTACLES
- Teacher/staff retention
- Funding
- Lack of adequate support services
- Geographic isolation
- Limited economic opportunities
- Social isolation
- Limited mental health and substance use services
- Higher rates of suicide

### CHALLENGES
- Accessibility
- Lack of services
- Availability
- Lack of providers
- Acceptability
- Stigma associated with seeking services

### INTERVENTIONS
- Screen all students
- Develop a referral process with local primary clinics or school-based telehealth
- Regular staff training on the principles of trauma sensitive schools

### RESOURCES
- **National Suicide Prevention Lifeline**
  - 800-273-8255
  - www.suicidepreventionlifeline.org
- **Mental Health First Aid**
  - www.mentalhealthfirstaid.org
- **Rural Food Access Toolkit**
  - www.hungerandhealth.feedingamerica.org/resource/rural-food-access-toolkit/
- **Zero Suicide**
  - www.zerosuicide.edc.org