

PROMOTING POSITIVE MENTAL HEALTH IN RURAL SCHOOLS



CONTEXT

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

CHALLENGES

- Limited economic opportunities
- Social isolation
- Limited mental health and substance use services
- Higher rates of suicide

BARRIERS

<i>Accessibility</i>	<i>Acceptability</i>	<i>Availability</i>
Lack of services	Stigma associated with seeking services	Lack of providers

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



SCAN ME



Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

