Grand Rapids Public Schools

Mental Health Resources

The resources below provide best practices and ideas for supporting the mental health of our scholars to encourage healthy habits for addressing life's challenges inside and outside the classroom.

Emotional Wellness Toolkit (https://www.nih.gov/health-information/emotional-wellness-toolkit)

Youth Mental Health (https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html)

Child and Adolescent Mental Health (https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health)

Elementary Resources (Y5-4th Grade)

Belly Breathing Exercise (Video)
Calming the body and mind

Coping Skills for Kids (Video)
Managing Feelings & Emotions for Elementary-Middle School | Self Regulation

Feeling Faces Chart (PDF)

Melting Exercise - Learn To Destress (Video)
Guided Meditation For Kids | Breathing Exercises | GoNoodle

Mindfulness Meditation for Kids (Video)
Breathing Exercise | Guided Meditation for Children

Middle School Resources (5th-8th Grade)

Calm | Breathe Bubble (Video)

Mental Health Information for Teens

Mindfulness Coloring Sheet (PDF)

OK2SAY

Simple Activities for Children and Adolescents

High School Resources (9th-12th)

Anxiety: Why Humans Experience Anxiety (Video)

Fight Flight Freeze (Video)
Anxiety Explained For Teens Anxiety Canada 10.6K subscribers Subscribe

Managing Stress - Brainsmart - BBC (Video)

What Is An Anxiety Attack? (Video)



National Sexual Assault Hotline

If you or someone you know has been sexually assaulted, help is available.

Chat or Call the National Sexual Assault Hotline (https://rainn.org/resources)

National Domestic Violence Hotline

Every contact with The Hotline is personal. Learn what to expect when you contact the National Domestic Violence Hotline (https://www.thehotline.org/what-to-expect-when-you-contact-us/) .

Chat, Call or Text the National Domestic Violence Hotline (https://www.thehotline.org/)

Veterans Life Line

For those that serve or who have served, crises can be heightened by their experiences during military service. If you're a veteran or service member and in crisis, these resources can help.

Call or Text 988 Lifeline (https://988lifeline.org/help-yourself/veterans-service-members/)

PTSD Coach

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma, providing you with facts and self-help skills based on research.

Download PTSD Coach (https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

Cherry Health School-Based Health Centers

We are proud to partner with Cherry Health to provide School-Based Health Centers that offer high quality care for scholars in a convenient, school-friendly environment. Healthcare services are located steps away from the classroom where interruptions to the educational process are kept at a minimum.

School-Based Health Center Locations (https://grps.org/departments/health-services/#schoolbasedhealthcenters)

Grand Rapids Public Schools
SCHOOL-BASED
MENTAL
HEALTH

Contact Us

School Based Mental Health Services

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For immediate assistance, please contact our Accessibility Team at accessibility@grps.org (mailto:accessibility@grps.org?subject=Website%20Accessibility%20Issue) or call 616-819-5968.

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