



Encouraging Positive Mindsets for Students

It's everyone's job to help support resilience, strength and emotional awareness in our students. To help reinforce these messages, your high schooler has received special items sponsored by SD Behavioral Health, a division of the SD Department of Social Services.

In high school, students are facing life changes, more mature relationships and peer pressure as they transition into adulthood. These free items are designed to help promote a positive approach and strengthen students' mental fortitude.

Students may bring home items like:

- Water bottle stickers
- Magnets
- Pocket mirrors
- Post-it pads and pencils

Tips for Talking about Mental Wellbeing

Know Your Student

Check in often with your high schooler. Encourage open conversations and ask with them about what they're experiencing. Choose a private time to talk without pressure, ask open-ended questions and avoid judging them. You can start the conversation with questions like these:

- "How are you feeling? If your mood was a weather report, what would it be?"
- "Do you ever feel sad or anxious? What helps in those situations?"
- "What's on your mind these days?"
- "I'm here to listen if you ever want to talk."

Know The Signs

Mental health is part of overall wellness. As students navigate new relationships and phases of their growth, some emotional changes may happen. But if you see a prolonged change in behavior or these warning signs, it may mean your child needs help.

- Changes in eating habits or weight loss
- Constant worry or anxiety
- Persistent sadness, outbursts or extreme irritability
- Doing dangerous or risky things, including substance use
- Withdrawing or avoiding social interactions
- Talking about death, suicide or self-harm

Need Help? Call, text or chat 988 for you or your student. Local experts can provide support for mental health concerns, emotional distress or just to talk.

For more information, visit SDBehavioralHealth.gov or contact dssbh@state.sd.us.