

## Mental health messages for back to school

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Back to school often comes with feelings of nervousness and anticipation. However, families may feel even more nervous and concerned this year, because the COVID-19 Delta variant is circulating. Use the following messages in your newsletters and school communications to help reach out to parents and caregivers to offer support.

### **Ask your child how they're feeling about going back to school**

In any year, kids experience a wide range of feelings about returning to school. Some kids may feel nervous, worried, or afraid. For others, reconnecting with friends, favorite activities, and their school community will be exciting. Many kids will experience a mix of all of these feelings. Asking your child how they feel, and accepting their feelings as they come, will keep your lines of communication open as you navigate the transition back to school.

### **Be patient with your kids and with yourself**

Returning to school is a big transition for the whole family. Remember to be patient with your kids, and with yourself. Parents and caregivers will also experience a wide range of emotions as kids go back to school. Having support with these feelings will help you continue to support the kids in your life. If you're experiencing elevated stress, live support is available through the WA Listens Helpline. Call [1-833-681-0211](tel:1-833-681-0211) to be connected to a live support specialist.