

Name of Support	Type of Support	Details	Additional Information	Website / Contact Info
Suicide and Crisis Lifeline	Phone line (24/7)	May call, text or chat 988 to interact with someone who can support you	Free	Dial 988 anywhere in the United States
TRS-Active Care	Insurance coverage through District	Mental Health Support	No extra cost	
		Wellness Coaching	If you are covered w/ district insurance	Log in to Blue Access for Members / click on Well on Target under Quick Links
		Wellness Program - many different types including Stress Management	Can sign up for 1 program at a time.	Download AlwaysOn wellness app
		Personal Health Guides (PHGs) - available 24/7	Assists w/ questions about benefits & authorizations	1-866-355-5999 or BCBSTX App
		TRS Virtual Health	Online/phone appointments	/trsactivecare/doctors-and-hospitals/virtual-visits/teladoc
	Primary Plan	Outpatient (\$30.00 copay) / Inpatient (30% coinsurance)	Psychiatrist / Psychologist / Social Worker (\$70.00)	<a href="http://www.bcbstx.com/trsactivecare">www.bcbstx.com/trsactivecare</a>
	Active Care 2	Outpatient (\$30.00 copay) / Inpatient (\$150.00 copay first 5 days + 20% coinsurance)	Psychiatrist / Psychologist / Social Worker (\$70.00)	<a href="http://www.bcbstx.com/trsactivecare">www.bcbstx.com/trsactivecare</a>
	Active Care HD	Outpatient (20% coinsurance) / Inpatient (20% coinsurance)	Psychiatrist (\$185.00 - \$95.00) / Psychologist or Social Worker (\$85.00)	<a href="http://www.bcbstx.com/trsactivecare">www.bcbstx.com/trsactivecare</a>
	Active Care Primary Plus	Outpatient (\$30.00 copay) / Inpatient (20% coinsurance after deductible)		<a href="http://www.bcbstx.com/trsactivecare">www.bcbstx.com/trsactivecare</a>
	Scott & White Care Plan	Wonder Health / Well-Being Assessment / Digital Health Coaching	No charge	<a href="http://trs.swhp.org">trs.swhp.org</a>
	Digital Mental Health Program	Learn to Live program offers digital cognitive behavioral therapy tools to help participants learn new skills and break old patterns.	No charge	<a href="https://members.hcsc.net/wps/portal/bam">https://members.hcsc.net/wps/portal/bam</a> Log in to Blue Access for members / Click Wellness / Choose Digital Mental Health (1-866-355-5999)
Center on Great Teachers & Leaders	Self-Assessment & Planning Tool	Educator Resilience and Trauma-Informed Self-Care	PDF that can be printed out and completed / self-care self-assessment with key strategies for fostering resilience and self-care planning tools to assist in identifying areas of strength and growth related to self-care and developing self-care plans	<a href="https://gtcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf">https://gtcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf</a>
Greater Good Science Center	Resources & Articles	Guide to Well-Being during Coronavirus		<a href="https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?_ga=2.114924225.737271277.1586794545-475318168.1551990970">https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus?_ga=2.114924225.737271277.1586794545-475318168.1551990970</a>
Greater Good in Education Program	Resources & Articles	Includes Stress Management for Educators & Trauma and Resilience for Adults		<a href="https://ggie.berkeley.edu/about-us/our-mission/">https://ggie.berkeley.edu/about-us/our-mission/</a>
Center for Healthy Minds	Toolkit & Resources	COVID-19 Well-Being Toolkit and Resources	Includes tips & guided meditations	<a href="https://centerhealthyminds.org/well-being-toolkit-covid19">https://centerhealthyminds.org/well-being-toolkit-covid19</a>
American Federation of Teachers	Resources & Tips	Taking Care of Yourself in Difficult Times	PDF to view online or print off	<a href="https://www.aft.org/sites/default/files/covid19_takingcare_032020.pdf">https://www.aft.org/sites/default/files/covid19_takingcare_032020.pdf</a>
Centers for Disease Control & Prevention	Care tips	Coping with Stress	Additional tips for all age groups	<a href="https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fmanaging-stress-anxiety.html">https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fmanaging-stress-anxiety.html</a>
National Child Traumatic Stress Network	Checklist for providers	Taking Care of Yourself in Difficult Times	Can be downloaded and printed	<a href="https://www.nctsn.org/resources/taking-care-of-yourself">https://www.nctsn.org/resources/taking-care-of-yourself</a>
National Institute of Mental Health	Resources	5 Things You Should Know About Stress	Includes hotline numbers	<a href="https://www.nimh.nih.gov/health/publications/stress">https://www.nimh.nih.gov/health/publications/stress</a>
<a href="http://Mindful.org">Mindful.org</a>	Resources & Strategies	Variety of guided meditations and mindfulness practices		<a href="https://www.mindful.org/">https://www.mindful.org/</a>
Pocket Mindfulness	Exercises	6 Mindfulness Experiences You Can Try Today	Blog	<a href="https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/">https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/</a>
<a href="http://Mindful.org">Mindful.org</a>	Exercise	Stressing Out? S.T.O.P.	Stopping the stress response	<a href="https://www.mindful.org/stressing-out-stop/">https://www.mindful.org/stressing-out-stop/</a>
MyLife	App	Stop, Breathe and Think	Free mindfulness app	<a href="https://my.life/">https://my.life/</a>
Calm	App	Variety of visual & soundscapes	Free trial	<a href="https://www.calm.com/">https://www.calm.com/</a>
Smiling Mind	App	Programs for different age groups		<a href="https://www.smilingmind.com.au/smiling-mind-app/">https://www.smilingmind.com.au/smiling-mind-app/</a>
University of Michigan - Medical School	Wellness Touchpoints	Trails - variety of self-care strategies		<a href="https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-student-support-professionals.pdf">https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-student-support-professionals.pdf</a>
Texas Education Agency	Telephone & Text Support Lines	TEA State Mental & Behavioral Health Resource List		<a href="https://tea.texas.gov/sites/default/files/covid/covid-19_mh_resources_4.3.20.pdf">https://tea.texas.gov/sites/default/files/covid/covid-19_mh_resources_4.3.20.pdf</a>
Secondary Traumatic Stress	Common Symptoms & Interventions	Administration for Children & Families		<a href="https://www.acf.hhs.gov/trauma-toolkit/secondary-traumatic-stress">https://www.acf.hhs.gov/trauma-toolkit/secondary-traumatic-stress</a>
Self Care for Compassion Fatigue	Tips for Educators	Child Trauma Toolkit for Educators	<a href="http://www.NCTSN.org">www.NCTSN.org</a>	<a href="http://tsafor.schools.org/_static/tsa/uploads/files/self-carencsn.pdf">http://tsafor.schools.org/_static/tsa/uploads/files/self-carencsn.pdf</a>
STAT: Support for Teachers Affected by Trauma	Curriculum for Secondary Traumatic Stress	5 modules, self-paced course for pre-K thru grade 12 teachers & administrators		<a href="https://statprogram.org/training">https://statprogram.org/training</a>
Compassion Resilience Toolkit	Tips for dealing with Compassion Fatigue	A toolkit for schools, but can be useful for individuals as well	Create login for full access to materials	<a href="https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/">https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/</a>

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Mental Health Digital Resources	Blogs, Apps, Podcasts on this list	Featured on MindWise.org 's blog	PISD uses this group for student SOS programming	<a href="https://blog.mindwise.org/blog/digital-resources-mham">https://blog.mindwise.org/blog/digital-resources-mham</a>
American Academy of Sleep Medicine	Website	Resources for healthy sleep including bedtime calculator and sleep diary		<a href="https://sleepeducation.org/resources/">https://sleepeducation.org/resources/</a>
Happy Teacher Revolution	Support Group Meetings	Network of teachers promoting wellness in their communities	Online and Virtual training	<a href="https://www.happyteacherrevolution.com/">https://www.happyteacherrevolution.com/</a>
NCTE Member Gathering	National Council of Teachers of English	Weekly gathering of members to share ideas, build relationships & offer support to peers	Must be a member of this organization to participate	<a href="https://ncte.org/rsvp-member-gathering/">https://ncte.org/rsvp-member-gathering/</a>
Teaching with Mental Health in Mind	Facebook Group	Group providing mental health support for educators who come into daily contact with youth		<a href="https://www.facebook.com/twmhnm/?ref=page_internal">https://www.facebook.com/twmhnm/?ref=page_internal</a>
Educators: You Have Permission to Take Care of Yourself, Right Now	Webpage - Mindful Schools	Tips for teachers on how to show themselves compassion & self-care with guided practices to relieve stress		<a href="https://www.mindfulschools.org/inspiration/educators-you-have-permission-to-take-care-of-yourself-right-now/">https://www.mindfulschools.org/inspiration/educators-you-have-permission-to-take-care-of-yourself-right-now/</a>
Life & Wellbeing, We Are Teachers	Curated topics page	Videos, articles and tools focused on reinvigorating and inspiring teachers to live more healthfully	Tips for avoiding burnout	<a href="https://www.weareteachers.com/category/teacher-life/">https://www.weareteachers.com/category/teacher-life/</a>
My Well-Being, Greater Good in Education	Science-based practices	Practices for cultivating the social and emotional well-being of school staff members	Site is also referenced on Row 14	<a href="https://ggie.berkeley.edu/my-well-being/">https://ggie.berkeley.edu/my-well-being/</a>
Personal Assessment and Reflection Tool	CASEL - Collaborative for Academic, Social and Emotional Learning	Self-evaluation tool for educators to assess personal strengths in social and emotional learning	PDF that can be downloaded and completed - very quick	<a href="https://drc.casel.org/uploads/sites/3/2019/02/CASEL-Personal-Assessment-and-Reflection-Tool-SEL-Competencies-for-School-Leaders-Staff-and-Adults-1.pdf">https://drc.casel.org/uploads/sites/3/2019/02/CASEL-Personal-Assessment-and-Reflection-Tool-SEL-Competencies-for-School-Leaders-Staff-and-Adults-1.pdf</a>
Resilient Educator	Teacher Well-being Strategies	Guide to keeping stress levels low	Newsletter to which you can subscribe for more info	<a href="https://resilienteducator.com/collections/wellbeing/">https://resilienteducator.com/collections/wellbeing/</a>
Health for All	Fitness and Nutrition	FREE virtual fitness classes and nutrition education programs	Stronger Austin, but open to all Texans	<a href="https://strongeraustin.org/">https://strongeraustin.org/</a>
Character Strong	On Demand Professional Development	Stress, Coping and Resilience	Short videos that include specific methods & techniques	Log into Character Strong and choose On Demand PD
What About You?	YouTube video	Educator Resilience and Trauma-Informed Self-Care	Topical webinar	<a href="https://www.youtube.com/watch?v=qJUdnvS0tyw">https://www.youtube.com/watch?v=qJUdnvS0tyw</a>
Teacher Mental Health Tips You Can't Afford to Ignore	Blog	Advice on how to de-stress, maintain physical health and strive for better work-life balance.		<a href="https://www.teachstarter.com/us/blog/world-mental-health-day-5-tips-for-teacher-well-being/">https://www.teachstarter.com/us/blog/world-mental-health-day-5-tips-for-teacher-well-being/</a>
A Moment for Teachers: Self-Care for Busy Teachers	Book	101 free ways for teachers to become more inspired, peaceful and confident in 30 seconds	\$7.97 on Amazon	<a href="https://www.amazon.com/Moment-Teachers-Self-Care-teachers-confident/dp/1517016770/ref=sr_1_4?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-4">https://www.amazon.com/Moment-Teachers-Self-Care-teachers-confident/dp/1517016770/ref=sr_1_4?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-4</a>
The Beginning Teacher's Field Guide	Book	Embarking on your first years (self-care and teaching tips for new teachers)	\$16.13 - \$18.90 on Amazon	<a href="https://www.amazon.com/Beginning-Teachers-Field-Guide-Embarking/dp/1945349565/ref=sr_1_16?dchild=1&amp;keywords=Self-Care+for+teachers&amp;qid=1597087492&amp;s=books&amp;sr=1-16">https://www.amazon.com/Beginning-Teachers-Field-Guide-Embarking/dp/1945349565/ref=sr_1_16?dchild=1&amp;keywords=Self-Care+for+teachers&amp;qid=1597087492&amp;s=books&amp;sr=1-16</a>
First Aid for Teacher Burnout	Ebook	How you can find peace and success	\$10.34 - \$26.49 on Amazon	<a href="https://www.amazon.com/First-Aid-Teacher-Burnout-Success-ebook-dp-B01MQ15KED/dp/B01MQ15KED/ref=mt_other?_encoding=UTF8&amp;me=&amp;qid=">https://www.amazon.com/First-Aid-Teacher-Burnout-Success-ebook-dp-B01MQ15KED/dp/B01MQ15KED/ref=mt_other?_encoding=UTF8&amp;me=&amp;qid=</a>
The Happy Teacher's Handbook	Book	From overwhelmed to inspired - healing teacher's embrace resiliency	\$14.99 on Amazon	<a href="https://www.amazon.com/Happy-Teachers-Handbook-Overwhelmed-Resiliency/dp/173312280X/ref=sr_1_12?crd=1D9887OAG1KUS&amp;dchild=1&amp;keywords=happy+teachers+handbook&amp;qid=1597091987&amp;s=books&amp;srefix=Happy+Teachers+Hand%2Cstripbooks%2C142&amp;sr=1-1">https://www.amazon.com/Happy-Teachers-Handbook-Overwhelmed-Resiliency/dp/173312280X/ref=sr_1_12?crd=1D9887OAG1KUS&amp;dchild=1&amp;keywords=happy+teachers+handbook&amp;qid=1597091987&amp;s=books&amp;srefix=Happy+Teachers+Hand%2Cstripbooks%2C142&amp;sr=1-1</a>
Onward: Cultivating Emotional Resilience in Educators	Book	Framework to build resilience based on habits	\$19.88 - \$22.81 on Amazon	<a href="https://www.amazon.com/Onward-Cultivating-Emotional-Resilience-Educators/dp/1119364892/ref=sr_1_11?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-11">https://www.amazon.com/Onward-Cultivating-Emotional-Resilience-Educators/dp/1119364892/ref=sr_1_11?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-11</a>
Positive Mindset Habits for Teachers	Book	10 steps to reduce stress, increase student engagement and reignite your passion for teaching	\$10.71 on Amazon	<a href="https://www.amazon.com/Positive-Mindset-Habits-Teachers-Engagement/dp/0998701947/ref=pd_rhf_dp_s_pd_crtd_0_4/131-5110164-3871912?_encoding=UTF8&amp;pd_rd_i=0998701947&amp;pd_rd_r=5154622d-46e8-46d1-8e8d-956c469bb1f2&amp;pd_rd_w=pmni0&amp;pd_rd_wg=p1Z6Y&amp;pf_rd_p=87ee8cc7-5d7a-4ece-95be-f2cfea6744c5&amp;pf_rd_r=2A9KWCHKSAMFB5X1HH0A&amp;psc=1&amp;refRID=2A9KWCHKSAMFB5X1HH0A">https://www.amazon.com/Positive-Mindset-Habits-Teachers-Engagement/dp/0998701947/ref=pd_rhf_dp_s_pd_crtd_0_4/131-5110164-3871912?_encoding=UTF8&amp;pd_rd_i=0998701947&amp;pd_rd_r=5154622d-46e8-46d1-8e8d-956c469bb1f2&amp;pd_rd_w=pmni0&amp;pd_rd_wg=p1Z6Y&amp;pf_rd_p=87ee8cc7-5d7a-4ece-95be-f2cfea6744c5&amp;pf_rd_r=2A9KWCHKSAMFB5X1HH0A&amp;psc=1&amp;refRID=2A9KWCHKSAMFB5X1HH0A</a>
See Me After Class: Advice for Teachers by Teachers	Book	Tips from experienced teachers to help those new to the field	\$8.97 on Amazon	<a href="https://www.amazon.com/See-Me-After-Class-Teachers/dp/1402297068/ref=pd_sbs_14_3/131-5110164-3871912?_encoding=UTF8&amp;pd_rd_i=1402297068&amp;pd_rd_r=3803be56-bb72-46f0-bb3d-5d4242d4a618&amp;pd_rd_w=sNASm&amp;pd_rd_wg=7w5ap&amp;pf_rd_p=703f3758-d945-4136-8df6-a43d19d750d1&amp;pf_rd_r=ZB269TFXBCF2TDS8FQZ&amp;psc=1&amp;refRID=ZB269TFXBCF2TDS8FQZ">https://www.amazon.com/See-Me-After-Class-Teachers/dp/1402297068/ref=pd_sbs_14_3/131-5110164-3871912?_encoding=UTF8&amp;pd_rd_i=1402297068&amp;pd_rd_r=3803be56-bb72-46f0-bb3d-5d4242d4a618&amp;pd_rd_w=sNASm&amp;pd_rd_wg=7w5ap&amp;pf_rd_p=703f3758-d945-4136-8df6-a43d19d750d1&amp;pf_rd_r=ZB269TFXBCF2TDS8FQZ&amp;psc=1&amp;refRID=ZB269TFXBCF2TDS8FQZ</a>

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Stress Management for Teachers: A Proactive Guide	Book	Collection of coping and problem-solving skills and tools	\$24.30 - \$36.00 on Amazon	<a href="https://www.amazon.com/Stress-Management-Teachers-Proactive-Intervention/dp/1462517986/ref=sr_1_3?dchild=1&amp;keywords=Stress+Management+for+Teachers&amp;qid=1597763297&amp;sr=8-3">https://www.amazon.com/Stress-Management-Teachers-Proactive-Intervention/dp/1462517986/ref=sr_1_3?dchild=1&amp;keywords=Stress+Management+for+Teachers&amp;qid=1597763297&amp;sr=8-3</a>
Take Time for You: Self-Care Action Plans for Educators	Book	Developing a self-care plan based on Maslow's hierarchy of needs	\$21.89 - \$24.77 on Amazon	<a href="https://www.amazon.com/Take-Time-You-Self-Care-Psychology/dp/1945349719/ref=sr_1_3?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-3">https://www.amazon.com/Take-Time-You-Self-Care-Psychology/dp/1945349719/ref=sr_1_3?keywords=teacher+self-care&amp;qid=1549655907&amp;sr=8-3</a>
The Cult of Pedagogy	Podcast	Series that focuses on sharing insight and advice		<a href="https://www.cultofpedagogy.com/pod/">https://www.cultofpedagogy.com/pod/</a>
Passing Notes	Podcast	Practice advice for those working with early childhood ages		<a href="https://passingnoteswithstephaniehinton.com/category/education-podcast/">https://passingnoteswithstephaniehinton.com/category/education-podcast/</a>
Teach Me, Teacher	Podcast	Ideas and Perspectives on teacher development		<a href="https://teachmeteacherpodcast.com/">https://teachmeteacherpodcast.com/</a>
Teachers' Aid	Podcast	Focus on social and emotional support for teachers		<a href="https://www.bamradionetwork.com/genre/teachers-aid/">https://www.bamradionetwork.com/genre/teachers-aid/</a>
The Teacher Self-Care Podcast	Podcast	Features teachers and administrators sharing what self-care looks like for them		<a href="https://anchor.fm/teacher-self-care">https://anchor.fm/teacher-self-care</a>
Truth for Teachers	Podcast	Subjects such as flexible resilience, dealing w/ personality differences and work-life balance		<a href="https://thecomerestoneforteachers.com/truth-for-teachers-podcast/">https://thecomerestoneforteachers.com/truth-for-teachers-podcast/</a>
Project Restore	Video series	Series of 6 videos that discuss ways to provide care for both educators and students	Continuing education credits are awarded at the end of each video - series of 6	<a href="https://www.texasprojectrestore.org/">https://www.texasprojectrestore.org/</a>
Last addition made 3/3/2023				