

MORE THAN SUPPLIES: MENTAL HEALTH BELONGS ON THE BACK-TO-SCHOOL CHECKLIST



As children and teens return to school, the excitement of new teachers and fresh notebooks is often paired with worries, transitions, and emotional changes. At MiraVista, we know that caring adults are the first and best support for a child's mental health. We're here to help you feel confident, prepared, and supported in that role.

In This Resource You'll Find:

- Tips for easing back-to-school transitions
- Signs a child may be struggling emotionally
- How to start a conversation about mental health
- MiraVista's services for youth and families
- Downloadable tools and caregiver resources
- Easing the Transition: Emotional Wellness Tips

Establish Routines Early—Bedtimes, Screen Limits, Homework Hours



- Visit or walk through the school building before the first day
- Talk openly about first-week feelings—yours and theirs
- Create small daily check-in moments like “rose and thorn” at dinner
- Don't over schedule—protect downtime

Know the Signs a Child May Need Support

Some worry is normal. But ongoing changes in behavior may be a sign a child is struggling:



- Withdrawing from friends or family
- Changes in sleep or appetite
- Frequent stomachaches or headaches
- Irritability, tearfulness, or excessive worry
- Drop in grades or interest in school

If you notice these, trust your instincts and reach out. You don't need to have all the answers—just being present and attentive is powerful.



Talking With Kids About Mental Health

Not sure what to say? Try:

- “You’ve seemed a little off lately. Want to talk about it?”
- “It’s okay to feel nervous or overwhelmed—lots of people do.”
- “I’m here for you, no matter what.”

Let them know they don’t have to be “fine” all the time.

MiraVista Can Help

We provide inpatient psychiatric treatment for adolescents and offer direct admissions, which means care can begin quickly and safely—without waiting in an emergency room.

We Also Offer:

- Consultation and collaboration with schools
- Guidance for parents and caregivers navigating care
- Community education around youth mental health

Downloadable Resources

Visit <https://www.miravistabhc.care/resources/>

- Back-to-School Mental Health Checklist (PDF)
- Conversation Starters for Caregivers (PDF)
- Signs a Child May Be Struggling Poster (PDF)
- Direct Admissions Information Sheet (PDF)

We’re Here to Collaborate

Whether you’re a parent, pediatrician, teacher, or counselor—thank you for being a caring adult in a child’s life. Let’s work together to ensure this school year supports not just academic success, but emotional wellness too.

To connect or schedule a presentation, email **Kim Lee** at kim.lee@miravistabhc.care



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