



GEORGIA
HOPE

RECOGNIZING MENTAL HEALTH SYMPTOMS IN A VIRTUAL CLASSROOM

Did you know?

1 in 5 children have a mental health condition.

Half of all lifetime mental health conditions begin by age 14.

70-80% of children who have mental health conditions never receive treatment.

How to Monitor Student Mental Health During Covid-19

1. **Trust your instincts** – if you think something is off, act on that thought in whatever way is available to you: talk to your administrator, school counselor, or reach out directly to the parent or student if the school policy allows
2. **Use the standard metrics** – attendance, completing work, performance on assessments. Also look for eye contact, body language, ability to focus, and vocal tone or speech patterns
3. **Be intentional** – ask a few simple questions each time you post an assignment, lead a virtual class or have a video conference: *how is everyone feeling? Is there anything on your mind? Is anyone stressed out over Covid-19? How about your parents and siblings, are they stressed?*
4. **Communicate, communicate, communicate** – when you find out what's going on, you can offer the appropriate support. If you don't make contact, you are less likely to understand how you can best support the student
5. **Assume good will** – remember that we're living through a pandemic, so you are cautioned from assuming the worst. Be patient so everyone has a chance to get their bearings.



HOPE
FOR SCHOOLS

If you have questions or would like to enroll/ make a referral. Simply complete the online referral form, call our office 706-279-0405, or e-mail us at info@gahope.org.

#HOPEisHere

References:

- Trauma Sensitive Schools by C Hennessy (social worker) 2020
- <https://cancouncil.org/teachers-how-to-detect-prevent-child-abuse-neglect-in-a-virtual-classroom/>
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- <https://evolvreatment.com/blog/monitor-mental-health-covid-19/>