

Name of Support	Type of Support	Details	Additional Information	Website / Contact Info
Suicide and Crisis Lifeline	Phone line (24/7)	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	Use Provider Finder to find an in-network provider for therapist or other mental health professional
		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
		Headway	If you are covered w/ district insurance	Same -day matching with in-network providers who have openings within 48 hours
		Teladoc	If you are covered w/ district insurance	Virtual appointments
		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)	www.bcbstx.com/trsactivecare
	Active Care 2	Outpatient (\$30.00 copay) / Inpatient (\$150.00 copay first 5 days + 20% coinsurance)	Psychiatrist / Psychologist / Social Worker (\$70.00)	www.bcbstx.com/trsactivecare
	Active Care HD	Outpatient (20% coinsurance) / Inpatient (20% coinsurance)	Psychiatrist (\$185.00 - \$95.00) / Psychologist or Social Worker (\$85.00)	www.bcbstx.com/trsactivecare
	Active Care Primary Plus	Outpatient (\$30.00 copay) / Inpatient (20% coinsurance after deductible)		www.bcbstx.com/trsactivecare
	Scott & White Care Plan	Wonder Health / Well-Being Assessment / Digital Health Coaching	No charge	fr.swhp.org
	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	https://members.hcsc.net/wps/portal/bam Log in to Blue Access for members / Click Wellness / Choose Digital Mental Health (1-866-355-5999)
Greater Good Science Center	Resources & Articles	Lots of helpful articles and keys to well-being	No charge	https://greatergood.berkeley.edu/
Greater Good in Education Program	Resources & Articles	Includes Stress Management for Educators & Trauma and Resilience for Adults w/ an emphasis on those who work in education	No charge	https://ggie.berkeley.edu/about-us/our-mission/
Center for Healthy Minds	Toolkit & Resources	Well-Being Toolkit and Resources - recordings made during COVID	Includes tips & guided meditations	https://centerhealthyminds.org/well-being-toolkit-covid19
American Federation of Teachers	Resources & Tips	Taking Care of Yourself in Difficult Times - helpful tips for all challenging times	PDF to view online or print off	https://www.aft.org/sites/default/files/covid19_takingcare_032020.pdf
Community Counseling Associates	Counseling Services	Offers counseling services in Allen, Lucas, Fairview, Plano, McKinney, Frisco and surrounding areas / Office hours include evenings and weekends	Many providers accept insurance and those who don't accept sliding scale fees, Christian counseling available upon request.	https://www.communitycounselingassociates.com/
Centers for Disease Control & Prevention	Care tips	Mental Health Support	Coping with stress / info about mental health / mental health quiz	https://www.cdc.gov/mentalhealth/index.htm
National Child Traumatic Stress Network	Checklist for providers	Taking Care of Yourself in Difficult Times	Can be downloaded and printed	https://www.nctsn.org/resources/taking-care-of-yourself
National Institute of Mental Health	Resources	5 Things You Should Know About Stress	Includes hotline numbers & additional resources	https://www.nimh.nih.gov/health/publications/stress
Mindful.org	Resources & Strategies	Variety of guided meditations and mindfulness practices	No charge	https://www.mindful.org/
Pocket Mindfulness	Exercise	6 Mindfulness Experiences You Can Try Today	Blog	https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/
Mindful.org	Exercise	Stressing Out? S.T.O.P.	Stopping the stress response	https://www.mindful.org/stressing-out-stop/
Calm	App	Variety of visual & soundscapes - help for sleep, meditation and relaxation	Free trial	https://www.calm.com/
Smiling Mind	App	Programs for different age groups	Free	https://www.smilingmind.com.au/smiling-mind-app/
University of Michigan - Medical School	Wellness Touchpoints	Variety of self -care strategies	PDF to view online or print off	https://storage.trailstowellness.org/trails-2/covid-19-resources/self-care-during-covid-19-for-student-support-professionals.pdf
Texas Education Agency	Telephone & Text Support Lines	TEA State Mental & Behavioral Health Resource List	List of multiple resources	https://tea.texas.gov/sites/default/files/covid/covid-19_mh_resources_4.3.20.pdf
Secondary Traumatic Stress	Common Symptoms & Interventions	Administration for Children & Families	Includes resources for further learning	https://www.acf.hhs.gov/trauma-toolkit/secondary-traumatic-stress
Self Care for Compassion Fatigue	Tips for Educators	A variety of resources that can be filtered by criteria, audience, topic, etc.	www.NCTSN.org	http://tsafor.schools.org/_static/tsa/uploads/files/self-carencsn.pdf
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	https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/
Mental Health Digital Resources	Blogs, Apps, Podcasts on this list	Featured on MindWise.org 's blog	PISD uses this group for student SOS programming	https://blog.mindwise.org/blog/digital-resources-mham
American Academy of Sleep Medicine	Website	Resources for healthy sleep including bedtime calculator and sleep diary	No charge	https://sleepeducation.org/resources/
Happy Teacher Revolution	Support Group Meetings	Network of teachers promoting wellness in their communities	Online and Virtual training	https://www.happyteacherrevolution.com/
Teaching with Mental Health in Mind	Facebook Group	Group providing mental health support for educators who come into daily contact with youth	Requires a Facebook account	https://www.facebook.com/twmhnm/?ref=page_internal

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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	https://www.weareteachers.com/category/teacher-life/
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	https://ggie.berkeley.edu/my-well-being/
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	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
Resilient Educator	Teacher Well-being Strategies	Guide to keeping stress levels low	Newsletter to which you can subscribe for more info	https://resilienteducator.com/collections/wellbeing/
Health for All	Fitness and Nutrition	FREE virtual fitness classes and nutrition education programs	Stronger Austin, but open to all Texans	https://strongeraustin.org/
Character Strong	On Demand Profession Development	Stress, Coping and Resilience	Short videos that include specific methods & techniques - elementary campuses only	Log into Character Strong and choose On Demand PD
What About You?	YouTube video	Educator Resilience and Trauma-Informed Self-Care	Topical webinar	https://www.youtube.com/watch?v=oJUdnvS0tyw
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.		https://www.teachstarter.com/us/blog/world-mental-health-day-5-tips-for-teacher-well-being/
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	https://www.amazon.com/Moment-Teachers-Self-Care-teachers-confident/dp/1517016770/ref=sr_1_4?keywords=teacher+self-care&qid=1549655907&sr=8-4
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	https://www.amazon.com/Beginning-Teachers-Field-Guide-Embarking/dp/1945349565/ref=sr_1_16?dchild=1&keywords=Self-Care+for+Teachers&qid=1597087492&s=books&sr=1-16
The Happy Teacher's Handbook	Book	From overwhelmed to inspired - healing teacher's embrace resiliency	\$14.99 on Amazon	https://www.amazon.com/Happy-Teachers-Handbook-Overwhelmed-Resiliency/dp/173312280X/ref=sr_1_12?crid=1D9887OAG1KUS&dchild=1&keywords=happy+teachers+handbook&qid=1597091987&s=books&srefix=Happy+Teachers+Hand%2Cstripbooks%2C142&sr=1-1
Onward: Cultivating Emotional Resilience in Educators	Book	Framework to build resilience based on habits	\$19.88 - \$22.81 on Amazon	https://www.amazon.com/Onward-Cultivating-Emotional-Resilience-Educators/dp/1119364892/ref=sr_1_11?keywords=teacher+self-care&qid=1549655907&sr=8-11
Positive Mindset Habits for Teachers	Book	10 steps to reduce stress, increase student engagement and reignite your passion for teaching	\$10.71 on Amazon	https://www.amazon.com/Positive-Mindset-Habits-Teachers-Engagement/dp/0998701947/ref=pd_rhf_dp_s_pd_crcd_0_4/131-5110164-3871912?_encoding=UTF8&pd_rd_i=0998701947&pd_rd_r=5154622d-46e8-46d1-8e8d-956c469bb1f2&pd_rd_w=pnmi0&pd_rd_wg=p1Z6Y&pf_rd_p=87ee8cc7-5d7a-4ece-95be-f2cfea6744c5&pf_rd_r=2A9KWCHKSAMFB5X1HH0A&psc=1&refRID=2A9KWCHKSAMFB5X1HH0A
See Me After Class: Advice for Teachers by Teachers	Book	Tips from experiences teachers to help those new to the field	\$8.97 on Amazon	https://www.amazon.com/See-Me-After-Class-Teachers/dp/1402297068/ref=pd_sbs_14_3/131-5110164-3871912?_encoding=UTF8&pd_rd_i=1402297068&pd_rd_r=3803be56-bb72-46f0-bb3d-5d4242d4a618&pd_rd_w=sNASm&pd_rd_wg=7w5ap&pf_rd_p=703f3758-d945-4136-8df6-a43d19d750d1&pf_rd_r=ZB269TFXBCF2TDSS8FQZ&psc=1&refRID=ZB269TFXBCF2TDSS8FQZ
Stress Management for Teachers: A Proactive Guide	Book	Collection of coping and problem-solving skills and tools	\$24.30 - \$36.00 on Amazon	https://www.amazon.com/Stress-Management-Teachers-Proactive-Intervention/dp/1462517986/ref=sr_1_3?dchild=1&keywords=Stress+Management+for+Teachers&qid=1597763297&sr=8-3
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	https://www.amazon.com/Take-Time-You-Self-Care-Psychology/dp/1945349719/ref=sr_1_3?keywords=teacher+self-care&qid=1549655907&sr=8-3
The Cult of Pedagogy	Podcast	Series that focuses on sharing insight and advice		https://www.cultofpedagogy.com/pod/
Teach Me, Teacher	Podcast	Ideas and Perspectives on teacher development		https://teachmeteacherpodcast.com/
Teachers' Aid	Podcast	Focus on social and emotional support for teachers		https://www.bamradionetwork.com/genre/teachers-aid/
The Teacher Self-Care Podcast	Podcast	Features teachers and administrators sharing what self-care looks like for them		https://anchor.fm/teacher-self-care
Truth for Teachers	Podcast	Subjects such as flexible resilience, dealing w/ personality differences and work-life balance		https://thecornerstoneforteachers.com/truth-for-teachers-podcast/

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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	https://www.texasprojectrestore.org/
Reviewed 8/19/2024				