

May is Mental Health Awareness Month

Click the Titles For Links to the Resources

Tools To Thrive



Everyone faces challenges in life that impact their mental health. Mental Health America's "Tools 2 Thrive" series provides information, tips, and practical tools everyone can use to improve their mental health and increase resiliency.

In English & Spanish

How to Talk to Your Teen About Mental Health

Tips on how to start and engage in conversations in a developmentally appropriate way for your student.

In English & Spanish



Where to go For Help



If you are looking for help with mental health or substance use, Care Solace can help you quickly find treatment options. This is a complimentary and confidential service provided to students, staff, and their families by the Edmonds School District. Care Solace's team is available 24/7/365 and can support you in any language.

Normalizing Conversations about Mental Health

Reach out and Seize The Awkward
Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips – that can help you help those in need.



Edmonds School District Mental Health Resources



Resources to help families support their student's mental health, adopt healthy practices and manage stress and anxiety.