



BEST PRACTICES CLEARINGHOUSE

Mental Health Awareness Month: Educator Wellness

The U.S. Department of Education's Best Practices Clearinghouse continues to uplift resources to help the field achieve our common goal of ensuring students' mental health and well-being. One strategy to support student well-being is to support educator well-being. Supporting the well-being of educators and staff enables them to more successfully meet the needs of their students. We provide the resources below with insights on supporting educator well-being.

- Sign up for this webinar series: [Finding Joy in the “Unprecedented Times” of COVID-19 and Beyond](#) (sessions held on May 14 and May 30)
 - Explore this suite of resources: [Understanding Educator Resilience and Developing a Self-Care Plan](#) (Readiness and Emergency Management for Schools Technical Assistance Center)
 - Assess and recommit to strategies in this guide for [Addressing Educator Burnout and Demoralization: Actions for Administrators](#) (National Center on Safe Supportive Learning Environments)
 - Dig into what caring for early childhood educators looks like at the individual, program, and systems levels by reading [Early Childhood Teachers' Well-Being: What We Know and Why We Should Care](#) (ZERO to THREE)
 - Learn about using multi-tiered systems of support for staff wellness: [Building a Culture of Staff Wellness Through Multi-Tiered System of Supports](#) (Center on Positive Behavioral Interventions & Supports)
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Find information about upcoming events on mental health and other topics on the [Best Practices Clearinghouse calendar](#). Find archived events on this [archived events page](#). Find additional resources including toolkits and reports in the [resource library](#). For additional resources on this week's theme, search using the keyword “well-being.”

If you are hosting an upcoming virtual webinar open to the public on a mental health topic, or if you have a resource on mental health to share, submit [here](#).