Promoting Mental Health and Well-Being in Schools

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Schools are increasingly prioritizing students' mental health, with many tools and resources available to support these efforts. The CDC's action guide serves as a starting point for school and district leaders, helping them enhance existing initiatives and identify new strategies to address gaps. The guide outlines six proven in-school strategies to promote mental health and well-being, offering actionable approaches and examples of evidence-based policies, programs, and practices for implementation. Child welfare and mental health professionals can use this guide as they work collaboratively with schools to meet the needs of children served.

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