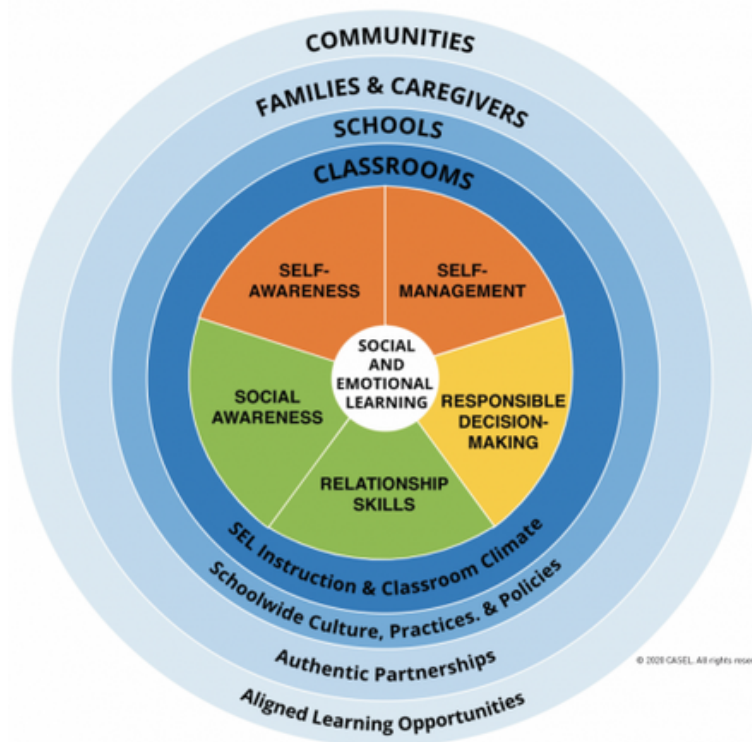




# Social Emotional Learning

Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Previous generations might have referred to this learning as “life skills” or “soft skills.” To that end, social and emotional learning is not a new concept. But as students face changes and challenges, including the upheaval and isolation that has occurred in the years since March 2020, the impact of social and emotional learning on students’ academic success cannot be overstated.



## Parents/Caregivers Resources



**Our Children Are Leaders:**  
CASEL and The Allstate Foundation launched Our Children Are Leaders, a campaign to provide parents and caregivers of PreK-12 students with guidance and resources on SEL to encourage the development of social and emotional competencies for leaders of today and tomorrow.

[Read More>>](#)

The logo for Edutopia, featuring the word "edutopia" in a white, lowercase, serif font on a solid orange rectangular background.

edutopia

**Edutopia: Strategies for Parents:**  
A guide on how parents and caregivers can encourage emotionally intelligent behavior in their children by incorporating social and emotional learning strategies.

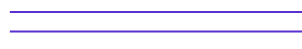
[Read More>>](#)



**Sesame Street's Big Challenges, Little People:**

Committee for Children has collaborated with Sesame Workshop to bridge the divide between what children learn in school and what they learn at home with their families. Sesame Street's Little Children, Big Challenges initiative provides tips and strategies to help adults and children (ages 2 to 5) navigate challenges and build lifelong skills for resilience.

[Read More>>](#)



## Opportunities for Students



Elevating student voice is critical to quality schoolwide SEL implementation and fostering equitable learning environments.

Learn more about Bring Change to Mind:

[Read More>>](#)

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## Mental Health Resources

Need Help Now?

If this is a mental health emergency or crisis, please call 988. Tell the operator this is a mental health crisis. You are not alone, and there is a network of professionals throughout the state ready to help.

Suicide Prevention Trainings

<https://www.azed.gov/wellness/suicide-prevention>

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### Arizona Crisis Hotlines

- **Resilient Arizona Crisis Counseling Program** (English and español) - Call 211 now to connect to an Arizona crisis counselor
- **Crisis Response Network**
  - Central AZ: 602-222-9444 or 1-800-631-1314
  - Northern AZ: 1-877-756-4090
  - Southern AZ: If you live in Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties or on the San Carlos Apache Reservation, you call 1-866-495-6735
  - Tohono O'Odham Nation Crisis Line: 1-844-423-8759

### National and Regional Crisis Hotlines

- Crisis Text Line: Text CONNECT to 741741
- Teen LifeLine: Phone or Text 602-248-TEEN (8336) Monday-Friday 3 – 9 PM
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Sexual Assault Hotline-Free. Confidential. 24/7: 800-656-HOPE (4673)
  - Chat on their app or at <https://www.rainn.org/get-help>



## Mental Health Resources Continued



- **1 in 6: 800-656-HOPE (4673) or chat (see below)**
  - Support for men and boys experiencing sexual abuse or assault. Offers information, resources, 24/7 chat, online support groups, trauma-informed training, and webinars. [www.1in6.org](http://www.1in6.org)
- **National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)**
- **National Human Trafficking Hotline 24/7: 1-888-373-7888**
  - If you or someone you know needs help, call the National Human Trafficking Hotline toll-free hotline, 24 hours a day, 7 days a week to speak with a specially trained Anti-Trafficking Hotline Advocate. Support is provided in more than 200 languages. They are here to listen and connect you with the help you need to stay safe. Callers can dial 711 to access the Hotline using TTY. You can also email at [help@humantraffickinghotline.org](mailto:help@humantraffickinghotline.org). All communication with the hotline is strictly confidential. Download and print FREE materials at <https://humantraffickinghotline.org/get-involved/downloadable-resources>

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### LGBTQUIA+ and Two Spirit Crisis Hotlines

- **The Trevor Project (LGBTQ+ Hotline): Phone: 1-866-488-7386 or Text: START to 678-678**
- **Trans Lifeline: 1-877-565-8860**
- **Strong Hearts Native Helpline: 1-844-7NATIVE (762-8483)**
  - Strong Hearts Native Helpline advocates are knowledgeable in serving the unique needs of LGBTQ2S+ peoples. Help is available 24/7 by texting or calling or via online chat at [strongheartshelpline.org](http://strongheartshelpline.org)

