



Educator Mental Health Literacy Resource Crosswalk

Ability to Build and Maintain Positive Mental Health

Components	Resources	Description	Audience	Cost
Knowledge and skills to promote your own psychological, social, and emotional well-being.	DPI Adult SEL Resources	Includes a link to Transforming Education’s Adult Social Emotional Learning (SEL) toolkit as well as ideas for ways to get started with improving Adult SEL.	All Educators	Free
	Compassion Resilience Toolkit	Provides activities, information, and circle agendas to help school staff explore compassion resilience and fatigue.	All Educators	Free
Ability to promote psychological, social, and emotional well-being in the classroom.	Wisconsin Social and Emotional Learning Competencies	Outlines Wisconsin’s SEL competencies for PK-adulthood.	All Educators	Free
	Trauma Sensitive Schools Online Professional Development Modules	Provides professional learning on the prevalence and impact of chronic stress and trauma and applying the trauma sensitive lens to all aspects of the school.	All Educators	Free
	Model to Inform Culturally Responsive Practices	Describes the beliefs, knowledge, and practices Wisconsin educators, schools, and districts need to reach and teach diverse students within their equitable multi-level systems of support.	All Educators	Free
	Cultural Responsiveness and Equity WISE	In this three part training, K-12 educators and school staff will learn how inequities in education impact student mental health and how implicit bias influences our perceptions and responses.	All Educators	Free
	Classroom WISE	A three part training package that assists K-12 educators and school staff in supporting the mental health of students in the classroom.	All Educators	Free

Mental Health Knowledge

Components	Resources	Description	Audience	Cost
Basic understanding of how healthy minds and bodies function, signs and symptoms of mental health challenges, and common treatments.	Youth Mental Health First Aid	In-person or hybrid training that teaches adults how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis.	Educators who work with ages 12-18.	Free
	DPI's Youth Mental Health Learning Series: Resilience and Hope Module	Module that provides a basic overview of mental health, mental health challenges, recovery, and resilience for educators.	All Educators	Free
	Mental Health Aware Training	A 60-minute virtual training that addresses professional, personal, and community needs for knowledge, language, and confidence around the topic of mental health and offers basic, real-world application strategies.	All Educators	\$25 per person for asynchronous, \$30 per person for live
	Classroom WISE	A three part training package that assists K-12 educators and school staff in supporting the mental health of students in the classroom.	All Educators	Free

Stigma Reduction

Components	Resources	Description	Audience	Cost
Knowledge of the types and impact of mental health stigma, willingness to speak openly about mental health, ability to identify and use strategies to reduce stigma, ability to reflect on how identity and lived experience impact stigma, etc.	WISE Initiative for Stigma Elimination (WISE) Stigma101	Materials to present and facilitate a discussion about stigma to increase inclusion, support and hope for people living with mental health and substance use challenges.	All Educators	Free
	WISE Up to Me Program	Guides individuals with lived experience through a process of learning and applying principles of self-disclosure about their mental illness and recovery.	All Educators	Free
	DPI's Stigma Reduction Toolkit	Includes a discussion guide and video for educators to examine their own stigmatizing beliefs and behaviors.	All Educators	Free

Ability to Seek Help and Provide Support

Components	Resources	Description	Audience	Cost
Knowledge of how to recognize when someone else is struggling and have a supportive conversation, how to access the school mental health referral pathway, identify self-help strategies, etc.	Youth Mental Health First Aid	In-person or hybrid training that teaches adults how to help an adolescent who is experiencing a mental health or addictions challenge or is in crisis.	Educators who work with ages 12-18.	Free
	WISE Safe Person 7 Promises	Outlines seven promises to become a safe, supportive person for those struggling with mental health and addiction challenges and provides decals to display in classrooms.	All Educators	Free
	DPI Responding to Student Disclosure of Pain	Document that provides examples of possible responses that school staff can use when students disclose a mental health challenge.	All Educators	Free
	DPI Responding to Youth in Crisis Learning Module	Online learning module that provides staff with knowledge and practice in how to respond when a student is experiencing a mental health crisis.	All Educators	Free
	DPI School Mental Health Referral Pathways Materials	Resources for developing formalized processes and procedures for referring students to mental health supports.	School and District Leaders	Free
	Teacher Care Meetings	A 20-minute brief intervention designed to provide the structure and communication style that will promote a positive meeting with caregivers and a student.	Teachers, Administrators, and Pupil Services Staff	Free



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