

I struggled a lot with loneliness as a child. One of the things that would have helped tremendously during that time was to have known that I wasn't the only one.

—U.S. Surgeon General Vivek Murthy, p. 14

Teachers can take tangible actions to support students' mental health. [We must have] honest, direct conversations with students about mental health and well-being in our classrooms—and ask students what helps them maintain their well-being.

—Nick Ironside, p. 26

When a student confides that they're experiencing suicidal thoughts, we should never dismiss their feelings or say things like, "But you have so much to live for." Instead, it's more just recognizing and validating the student's emotions and then ultimately referring them to professional help.

—Tony Walker, p. 55

This pressure to be "perfect" is an identifiable source of anxiety for teens today. As educators, we need to support students in regulating both their expectations of themselves and their emotional responses to stressors.

—Lauren Katzman, p. 50