



TRANSITION BACK TO SCHOOL

The transition back to school can stir up a whirlwind of emotions – excitement, nerves, overwhelm, and everything in between. Whether you're starting high school or just kicking off a new school year, there's a lot happening: academic pressure, changing friendships and social dynamics, and increased independence. These shifts can trigger:

- Stress and uncertainty around grades, class schedules, and future goals
- Emotional ups and downs as friendships change and identities evolve
- Difficulty balancing new responsibilities and personal well-being

While the start of a new school year can present unique mental health challenges, you don't have to navigate them alone. What matters most is knowing how to access the support around you.

We hope every student enters the new school year feeling supported, healthy, and part of a community that values who they are – both inside and outside the classroom.



RESOURCES

One of the most powerful things you can do for your mental health is to connect with someone who truly cares about your well-being. Whether it's a parent, teacher, coach, counselor, or mentor – having a trusted adult in your corner can make tough moments feel a lot more manageable.

Trusted adults can:

- Listen without judgment
- Help you sort through emotions
- Offer advice, and/or
- Just be there when you need to talk

Not sure who that person is for you?

[Click here](#) to access a guide from the National Alliance on Mental Illness to help you recognize trusted adults and build meaningful connections with them.

ACTIVITY

Finding Your Trusted Adult

Step 1: Define What Trust Feels Like to You

- What does it mean to “feel safe” with someone?
- What kind of support helps you feel heard and understood?
- **Write 2–3 qualities that are most important to you in a trusted adult.**

Step 2: Reflect on People in Your Life

- Think about adults you’ve interacted with—family, teachers, mentors, coaches, counselors, neighbors.
- Who do you feel comfortable around? Who listens without judgment?
- **List 1–2 people who might be your trusted adult. What makes you feel that way about them?**

Step 3: Plan a Connection Moment

- Connecting doesn’t have to be dramatic. A small conversation can open big doors.
- Choose one person from your list and think of a moment when you could talk to them—at lunch, during a walk, after class.
- **Jot down 1 idea for when and how you could reach out.**



NEED IMMEDIATE HELP?

The 988 Suicide & Crisis Lifeline is available 24 hours a day, 7 days a week to talk to someone about whatever you're going through, whether it's stress, mental health challenges, or just needing someone to listen.

Caring, trained counselors are just a call or text away.



Follow for more resources!
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