

Back to school

Resources to prepare students for back to school anxiety

A recent survey found that many students have concerns about returning to school.

Their concerns range from the following:

- getting used to school routines
- getting used to in-person interactions with teachers and peers
- and coping with their fears or anxiety

Below are 4 resources that can assist families as they prepare for back to school.



A collection of credible resources to help support the mental health of working parents and their children.

Parenting articles

Month	Title	Description
August	Managing transitions	Daily transitions can be stressful for working parents and their children. Read More
September	Helping your children develop resiliency	One of the greatest attributes any child can have is resiliency. Read More

Post-Secondary Student Resilience

When they begin college or university, students may face significant stressors on their own for the first time. This resource can help them plan ahead so they are better able to cope with the personal and academic stressors they may encounter.

[Read More](#)



Looking for information about mental health, and where to find help? eMentalHealth.ca provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year.



[Back to School under COVID: Tips for Parents and Caregivers](#)

Additional articles - [sorted by topic](#)

Kidshelpphone.ca

Kids Help Phone is a national charity that operates three counselling centres and offers community engagement initiatives through staff and volunteers across Canada.

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