

Parent & Educator Mental Health Resource Materials

Suicide Prevention	Suicide Prevention Resource Website: USBE	Never Worry Alone: USBE English & Spanish	NASP: Preventing Youth Suicide: Tips for Parents and Educators Spanish
Communication	Transforming Communities Through Youth Connectedness: UDHHS	Communicating with Kids-A Resource Guide for Teachers and Parents: Boys Town Press	Talking to Children About Violence: NASP Spanish
Social Media	National Center of Excellence on Social Media and Youth Mental Health Map Spanish	Social Harm Presentation: UDHHS Spanish	Health Advisory on Social Media Use in Adolescence: APA
Trauma	Trauma-Informed Resources: USBE Trauma Sensitive Courses: USBE	After the Trauma: Helping my Child Cope: NCTSN Spanish We Can Prevent Childhood Adversity Infographic: CDC	Trauma: Brief Facts and Tips for Children and Adults: NASP Spanish
Anxiety	Guided Self-Management Tools for Anxiety: Boston Children's Hospital	Anxiety: Helping Handout for School and Home: NASP	Managing Anxiety: Tips for Families: AAP
Depression	Understanding Depression-Caregiver: Get the Facts: SAMHSA	Teen Depression: More than just moodiness: NIMH Spanish	Depression: Supporting Students at School: NASP
Grief	Healing Our Schools After a Loss: USBE	Addressing Grief in Children: Tips for Parents and Educators: ASP	Brief Information on Childhood Traumatic Grief for School Personnel: NCTSN