

STUDENT MENTAL HEALTH RESOURCES

National Suicide Prevention Hotline: 988

- **American Psychological Association:** Guides on many differing topics from picking a psychologist, the impacts of racism and immigration, bullying, ADHD, and more.
- **The Columbia Protocol:** A scale that supports suicide risk screenings using everyday language that anyone can understand.
- **Connor's Climb Mental Health Action Plan card:** This free card normalizes talking to your family or guardians about mental health, as well as taking action by creating a family action plan for mental health occurrences.
- **National Alliance on Mental Illness:** Free resources, information, videos, events, and support for kids and families.
- **National Federation of Families:** Free videos, toolkits, and activities to use at home and more to support parents and caregivers and their children
- **Parents Together:** A fact-checked news source for parents providing free resources on a wide range of topics that affect kids and parents, with tips on how to navigate these issues.