

# A Collection of Mental Health Resources

## Student/Staff Wellness & Positive School Climate

*Supporting School Communities in Challenging Times*

### STUDENT RESOURCES

[A Young Person's Guide to Wellness](#)

[Teen Guide to Mental Health & Wellness-English](#)

[Teen Guide to Mental Health & Wellness-Spanish](#)

[Mental Health Resources BY Teens FOR Teens](#)

[Online Suicide Prevention Training for Ages 13 and Over](#)

### STAFF RESOURCES

[Helping Vulnerable Students Feel Comfortable with Online Learning](#)

[Kids Need Schools to Continue Reporting Abuse During COVID-19 Crisis](#)

[Online Suicide Prevention Training for Middle & High School Staff](#)



MENTAL HEALTH MATTERS

[Click Here For More Information & Resources on Student/Staff Wellness & School Culture](#)

### PARENT RESOURCES

[Social & Emotional Strategies at Home During COVID-19](#)

[Tips to Supporting Your Student's Virtual Learning at Home-English](#)

[Tips to Supporting Your Student's Virtual Learning at Home-Spanish](#)