



RESOURCE TOOLBOX

Managing Social and Emotional Well-Being in a Virtual Environment:

[https://dxm24f3wn5min.cloudfront.net/v3.4/HTML5 Interactives/Microlearnings/SocialEmotionalUS/index.html#/](https://dxm24f3wn5min.cloudfront.net/v3.4/HTML5%20Interactives/Microlearnings/SocialEmotionalUS/index.html#/)



Thriving, Not Just Coping:

Feeling cooped up, isolated, and stressed out? Would you like a safe place to talk about real teen issues? This summer, STARRY Counseling is offering several FREE small groups just for girls. Learn how to manage stress and challenge negative thoughts while connecting with other girls between the ages of 13 and 17. To register or for more information, call 512-886-4888.



MHDD Webinar Series: Preventing Suicide through Empowerment of Youth with Disabilities:

https://uky.zoom.us/webinar/register/WN_FnFCn8XqSM-b4I6RZwtk3Q

According to recent reports from the CDC, suicide rates among our nation's youth have increased 56% since 2007. Further reports shows that youth with disabilities are 4 times more likely to have suicidal ideation than their nondisabled peers. In an effort to address this at-risk but underserved population, we have developed curriculum that will give young people the tools to navigate the ableism and stigma they experience as a person with a disability. We plan to discuss this curriculum along with our current work through the Center for Dignity in Healthcare for People with Disabilities, focused on the medical discrimination that people with disabilities often face when seeking mental healthcare in times of crisis.

Coping During COVID: Back to School Toolkit:

<https://mhanational.org/back-school>

