



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



**School Culture &
Climate Initiative**
Supporting, Connecting, and Empowering Schools

Resources For Youth, Families, And Educators

HOTLINES/HELPLINES

NATIONAL SUICIDE PREVENTION LIFELINE

24/7 confidential hotline for people in distress

1-800-273-TALK (8255)

TTY 1-800-799-4TTY (4889)

<https://suicidepreventionlifeline.org>

SAFE PLACE – TXT4HELP

Safe Place is a national youth outreach and prevention program for young people under the age of 18 (up to 21 years of age in some communities) in need of immediate help and safety

Text SAFE and your current location to 4HELP (44357) for immediate help

<https://www.nationalsafeplace.org/>

CRISIS TEXT LINE

Text HOME to 741741

24/7 support for people in crisis

www.crisistextline.org

TREVOR PROJECT

24/7 crisis and suicide prevention helpline for LGBTQ youth

Also available as a resource to parents, family members and friends

1-866-4-U-TREVOR (488-7386)

<https://www.thetrevorproject.org>

NATIONAL DOMESTIC VIOLENCE HOTLINE

24/7 confidential support to anyone experiencing domestic violence or seeking resources and information

1-800-799-SAFE (7233)

<https://www.thehotline.org/>

National Sexual Assault Hotline

Confidential support from a trained staff member of a sexual assault service provider in your area

1-800-656-HOPE (4673)

<https://www.rainn.org/>

SAMHSA'S DISASTER DISTRESS HELPLINE

1-800-985-5990

Text Talk with Us to 66746

TTY 1-800-846-8517

<https://www.samhsa.gov/find-help/disaster-distress-helpline>



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NAMI HELPLINE

Available Monday – Friday 10am – 6pm ET

800-950-NAMI

<https://www.nami.org/find-support/nami-helpline>

RESOURCES FOR YOUTH/TEENS/YOUNG ADULTS

TEENHEALTHFX

Online resource for any and all questions regarding health, relationships, your body and your sexuality.

<https://teenhealthfx.com/>

JED Foundation

Organization that partners with high schools and colleges to strengthen their mental health, substance misuse, and suicide prevention programs and equips teens and young adults with the skills and knowledge to help themselves and each other.

<https://www.jedfoundation.org/>

ULIFELINE

An online resource for college mental health.

<http://www.ulifeline.org/>

HALF OF US

Information to raise awareness mental health issues and connect students to the appropriate resources to get help.

<http://www.halfofus.com/>

THE JASON FOUNDATION

Provides information, education programs, and resources to prevent youth suicide.

<https://jasonfoundation.com/>

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)

Provides online support and resources to young adults living with mood disorders.

<https://www.dbsalliance.org/support/young-adults/>

TLC4TEENS

Traumatic Loss Coalitions for Youth provides resources for teens and adults facing challenges related to everyday life.

<https://tlc4teens.org/>

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Organization for people with mental illness and their families. Provides information specific to teens and young adults.

<https://www.nami.org/Find-Support/Teens-and-Young-Adults>



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MENTAL HEALTH RESOURCES FOR PARENTS & FAMILIES

FAMILIES FOR DEPRESSION AWARENESS

Offers education, training, and support to unite families and help them heal while coping with mood disorders.

<http://www.familyaware.org/>

BALANCED MIND PARENT NETWORK OF DBSA

Online support community for parents raising children living with a mood disorder.

<https://www.dbsalliance.org/support/for-friends-family/for-parents/balanced-mind-parent-network/>

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Organization for people with mental illness and their families. Provides information and resources for family members and caregivers.

<https://www.nami.org/Find-Support/Family-Members-and-Caregivers>

MENTAL HEALTH RESOURCES FOR EDUCATORS

CHILD MIND INSTITUTE

Provides education and resources focused on children with mental health and learning disorders.

<https://childmind.org/>

ACTIVE MINDS

Organization works with colleges and high schools to support mental health education and awareness.

<https://www.activeminds.org/>

JED FOUNDATION

Provides guidance to high schools across the country on improving mental health and preparing students for the transition to college and adult life.

<https://www.jedfoundation.org/what-we-do/highschools/>

RESOURCES FOR PARENTS & EDUCATORS

SEL4NJ

Resources for parents and educators on social emotional learning and COVID-19

<https://sel4nj.org/covid-19-sel-mental-health/>

CASEL

SEL resources during COVID-19

<https://casel.org>, <https://casel.org/covid-resources>



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OFFICE OF EDUCATIONAL TECHNOLOGY

Resources to help teachers transition to using technology to enhance learning activities.

<https://tech.ed.gov/teachers/>

MOVE THIS WORLD

Webinar: Facilitating Social Emotional Learning at Home

https://docs.google.com/presentation/d/13RpuKQpZc1n7v-QMzP3uq_FgSX5noCgGUZXE7W-B8q8/edit#slide=id.p

TEACH TOMORROW

Over 150 resources to help educators bring technology into the classroom.

<https://www.teachtomorrow.org>

UNIVERSITY OF WASHINGTON CENTER FOR TEACHING & LEARNING (CTL)

The CTL is there to help educators and parents find creative and constructive ways to integrate technology into the classroom and learning.

<https://www.Washington.edu>

LAKESHORE

Provides resources and products for parents and educators. Currently offering free downloads for printable worksheets for learning and crafts.

<https://www.lakeshorelearning.com>

FLIPGRID

Interactive video app for recording and sharing short videos – free to all educators.

<https://info.flipgrid.com/>

GO NOODLE

Engages kids in movement and mindfulness through videos available on youtube.

<https://www.gonoodle.com/>

<https://www.youtube.com/user/GoNoodleGames>

EDUTOPIA

Article on utilizing the arts to support social emotional development

<https://www.edutopia.org/article/developing-curricula-sel-and-arts>

Article on focusing on student wellbeing during crises

<https://www.edutopia.org/article/focusing-student-well-being-times-crisis>

MINDSHIFT PODCAST

Explores the innovations in education that are shaping how kids learn.

<https://www.npr.org/podcasts/464615685/mind-shift-podcast>



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NEW JERSEY COUNCIL ON INCLUSIVE EDUCATION (NJCIE)

Resources to support inclusive education for all students during social distancing. Lunch and learn sessions for parents to answer questions and share tips.

<https://www.njcie.org/online>

RESOURCES FOR STUDENTS WITH SPECIAL NEEDS

ICAHN SCHOOL OF MEDICINE AT MOUNT SINAI

Ideas and resources for teaching Social Skills for Children with Autism during Social Distancing

<https://icahn.mssm.edu/research/seaver/resources/covid-19-autism-resources>

UNC SCHOOL OF EDUCATION

Online toolkit for those supporting individuals with autism during COVID-19 epidemic

<https://ed.unc.edu/2020/03/19/unc-team-creates-online-toolkit-for-those-supporting-individuals-with-autism-during-covid-19-epidemic/>

YAI

Using Social Stories to Support People with I/DD During the COVID-19 Emergency

<https://www.yai.org/news-stories/blog/using-social-stories-support-people-idd-during-covid-19-emergency>

EDUTOPIA

Social Emotional Apps for Special Ed

<https://www.edutopia.org/blog/social-emotional-apps-special-ed-jayne-clare>

ARTICLE ON THE VULNERABILITY OF STUDENTS WITH DISABILITIES

<https://www.kqed.org/mindshift/55654/with-schools-closed-kids-with-disabilities-are-more-vulnerable-than-ever>

RESOURCES ON TELEHEALTH, FERPA, & HIPAA

GUIDANCE ON FERPA

https://studentprivacy.ed.gov/sites/default/files/resource_document/file/FERPA%20and%20Coronavirus%20Frequently%20Asked%20Questions.pdf

AMERICAN SCHOOL COUNSELOR ASSOCIATION:

<https://www.schoolcounselor.org/school-counselors/professional-development/learn-more/covid-update>

GUIDANCE ON CURRENT HIPAA REGULATIONS

<https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html>



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DELIVERING TELEHEALTH

<https://www.healthit.gov/topic/health-it-initiatives/telemedicine-and-telehealth>

AMERICAN COUNSELING ASSOCIATION

<https://www.counseling.org/knowledge-center/mental-health-resources/trauma-disaster/mental-health-professional-counseling-and-emergency-preparedness>