

Resources for families and educators

- 988 Suicide and Crisis Lifeline, <https://988lifeline.org> or call 988
- Anxiety and Depression Association of America, www.adaa.org
- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children's Wisconsin, childrenswi.org
- Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- National Suicide prevention Lifeline, (800) 273-8255 or suicidepreventionlifeline.org
- PBS Kids for Parents: Emotions and Self-Awareness, pbs.org/parents/learn-grow/all-ages/emotions-self-awareness
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw

