

# Resources for families and educators

- Centers for Disease Control and Prevention (CDC) [cdc.gov/childrensmentalhealth/](https://www.cdc.gov/childrensmentalhealth/)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Alliance on Mental Illness (NAMI), [nami.org](https://www.nami.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- PBS Kids for Parents: Emotions and Self-Awareness, [pbs.org/parents/learn-grow/all-ages/emotions-self-awareness](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness) [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)

