

# Mental health resources for families and educators

988 Suicide & Crisis Lifeline, call 988 or [988lifeline.org](https://988lifeline.org)

Anxiety and Depression Association of America, [adaa.org](https://adaa.org)

Centers for Disease Control and Prevention (CDC), [cdc.gov/childrensmentalhealth/](https://cdc.gov/childrensmentalhealth/)

Children and Adults with Attention-Deficit Hyperactivity Disorder, [chadd.org](https://chadd.org)

Children's Wisconsin, [childrenswi.org](https://childrenswi.org)

Children's Wisconsin Shine Through, <https://shinethrough.childrenswi.org/parents>

The Institute for Child and Family Well-Being,

<https://uwm.edu/icfw/tools-and-resources-3-2/>

KidsHealth, [kidshealth.org](https://kidshealth.org)

Mental Health America, [mentalhealthamerica.net](https://mentalhealthamerica.net)

National Alliance on Mental Illness (NAMI), [nami.org](https://nami.org)

National Institute of Mental Health (NIMH), [nimh.nih.gov](https://nimh.nih.gov)

Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), [dpi.wi.gov/sspw/mental-health](https://dpi.wi.gov/sspw/mental-health)

